



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Sir, Axel

□□: Flotters

□□: 379

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 5:12:05

□□: 8.07 km/h

□□□□: 7:24 min/km

□□□□□/□□□: 214 (of 311)

□□□□□/□: 198 (of 279)

□□□□□□: 3:02:44

□□□□□: 29(of 47)

□□□□□□□: 3:29:07

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□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27     | 32:23    | 6:08         | 18      | 7:08    | 148     | 10:40   | 5.27  | 32:23     | 6:08          | 6       |         | 204     | 1:50    |
| Runde | 5.27     | 32:23    | 6:08         | 17      | 7:22    | 135     | 10:40   | 10.54 | 1:04:46   | 6:08          | 6       |         | 199     | 21:20   |
| Runde | 5.27     | 34:40    | 6:34         | 27      | 8:38    | 178     | 12:25   | 15.81 | 1:39:26   | 6:17          | 6       |         | 199     | 33:45   |
| Runde | 5.27     | 36:42    | 6:57         | 29      | 10:46   | 187     | 13:54   | 21.08 | 2:16:08   | 6:27          | 6       |         | 145     | 47:39   |
| Runde | 5.27     | 41:54    | 7:57         | 40      | 15:35   | 231     | 19:18   | 26.35 | 2:58:02   | 6:45          | 6       |         | 199     | 1:06:57 |
| Runde | 5.27     | 43:26    | 8:14         | 37      | 16:09   | 226     | 20:54   | 31.62 | 3:41:28   | 7:00          | 6       |         | 199     | 1:27:51 |
| Runde | 5.27     | 46:03    | 8:44         | 32      | 18:24   | 215     | 22:51   | 36.89 | 4:27:31   | 7:15          | 6       |         | 198     | 1:50:42 |
| Runde | 5.27     | 44:34    | 8:27         | 30      | 18:56   | 194     | 28:49   | 42.16 | 5:12:05   | 7:24          | 29      | 1:42:58 | 204     | 4:18:43 |