



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Hofmann, Siegfried

□□: Heeresflieger Laupheim

□□: 147

□□: 42.16 km

Marathon

□□□□:

Männer M45

□□□: 5:13:44

□□: 8.03 km/h

□□□□: 7:26 min/km

□□□□□/□□□: 219 (of 311)

□□□□□/□: 203 (of 279)

□□□□□□: 3:02:44

□□□□□: 48(of 62)

□□□□□□□: 3:40:26

□□□□

□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27     | 35:12    | 6:40         | 53      | 11:02   | 209     | 13:29   | 5.27  | 35:12     | 6:40          | 20      | 2:39    | 207     | 4:39    |
| Runde | 5.27     | 35:38    | 6:45         | 47      | 10:50   | 205     | 13:55   | 10.54 | 1:10:50   | 6:43          | 19      | 4:55    | 202     | 27:24   |
| Runde | 5.27     | 36:31    | 6:55         | 47      | 10:50   | 211     | 14:16   | 15.81 | 1:47:21   | 6:47          | 19      | 5:19    | 202     | 41:40   |
| Runde | 5.27     | 38:07    | 7:13         | 48      | 11:29   | 211     | 15:19   | 21.08 | 2:25:28   | 6:54          | 19      | 5:33    | 202     | 56:59   |
| Runde | 5.27     | 39:33    | 7:30         | 47      | 11:25   | 199     | 16:57   | 26.35 | 3:05:01   | 7:01          | 19      | 5:30    | 202     | 1:13:56 |
| Runde | 5.27     | 41:58    | 7:57         | 49      | 12:53   | 209     | 19:26   | 31.62 | 3:46:59   | 7:10          | 19      | 5:44    | 202     | 1:33:22 |
| Runde | 5.27     | 43:42    | 8:17         | 45      | 13:56   | 189     | 20:30   | 36.89 | 4:30:41   | 7:20          | 19      | 5:44    | 201     | 1:53:52 |
| Runde | 5.27     | 43:03    | 8:10         | 45      | 27:18   | 172     | 27:18   | 42.16 | 5:13:44   | 7:26          | 51      | 4:16:20 | 209     | 4:20:22 |