



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Ladegast, Dieter

□□: preconGang

□□: 210

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 5:14:34

□□: 8.01 km/h

□□□□: 7:28 min/km

□□□□□/□□□: 220 (of 311)

□□□□□/□: 204 (of 279)

□□□□□□: 3:02:44

□□□□□: 30(of 47)

□□□□□□□: 3:29:07

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 35:20 | 6:42 | 34 | 10:05 | 215 | 13:37 | 5.27 | 35:20 | 6:42 | 7 | 2:31 | 210 | 4:47 | |
| Runde | 5.27 | 35:33 | 6:44 | 34 | 10:32 | 201 | 13:50 | 10.54 | 1:10:53 | 6:43 | 7 | 3:07 | 205 | 27:27 | |
| Runde | 5.27 | 36:48 | 6:58 | 35 | 10:46 | 215 | 14:33 | 15.81 | 1:47:41 | 6:48 | 7 | 3:39 | 205 | 42:00 | |
| Runde | 5.27 | 36:40 | 6:57 | 28 | 10:44 | 186 | 13:52 | 21.08 | 2:24:21 | 6:50 | 7 | 1:54 | 205 | 55:52 | |
| Runde | 5.27 | 38:46 | 7:21 | 29 | 12:27 | 187 | 16:10 | 26.35 | 3:03:07 | 6:56 | 7 | | 205 | 1:12:02 | |
| Runde | 5.27 | 44:10 | 8:22 | 39 | 16:53 | 232 | 21:38 | 31.62 | 3:47:17 | 7:11 | 7 | | 205 | 1:33:40 | |
| Runde | 5.27 | 43:50 | 8:19 | 29 | 16:11 | 192 | 20:38 | 36.89 | 4:31:07 | 7:20 | 7 | | 204 | 1:54:18 | |
| Runde | 5.27 | 43:27 | 8:14 | 28 | 17:49 | 178 | 27:42 | 42.16 | 5:14:34 | 7:27 | 30 | 1:45:27 | 210 | 4:21:12 | |