



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Hecking, Sven

□□: Hamburg

□□: 125

□□: 42.16 km

Marathon

□□□□:

Männer M35

□□□: 5:33:04

□□: 7.57 km/h

□□□□: 7:54 min/km

□□□□□/□□□: 254 (of 311)

□□□□□/□: 233 (of 279)

□□□□□□: 3:02:44

□□□□□: 33(of 35)

□□□□□□□: 3:26:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	5.27	35:17	6:41	30	11:56	211	13:34	5.27	35:17	6:41	17	1:05	239	4:44
Runde	5.27	33:33	6:21	26	8:57	171	11:50	10.54	1:08:50	6:31	16	4:11	75	25:24
Runde	5.27	34:18	6:30	28	9:30	165	12:03	15.81	1:43:08	6:31	16	1:25	234	37:27
Runde	5.27	36:31	6:55	28	11:00	184	13:43	21.08	2:19:39	6:37	16	0:01	234	51:10
Runde	5.27	43:02	8:09	33	16:58	243	20:26	26.35	3:02:41	6:55	16	2:54	234	1:11:36
Runde	5.27	46:30	8:49	33	20:11	251	23:58	31.62	3:49:11	7:14	16	6:32	234	1:35:34
Runde	5.27	52:06	9:53	34	25:00	263	28:54	36.89	4:41:17	7:37	16	14:06	233	2:04:28
Runde	5.27	51:47	9:49	34	25:09	266	36:02	42.16	5:33:04	7:54	34	4:31:21	239	4:39:42