



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Schachtsiek, Ingo

□□: Laufspass SW Sende

□□: 328

□□: 42.16 km

Marathon

□□□□:

Männer M40

□□□: 5:36:35

□□: 7.49 km/h

□□□□: 7:59 min/km

□□□□□/□□□: 265 (of 311)

□□□□□/□: 242 (of 279)

□□□□□□: 3:02:44

□□□□□: 53(of 62)

□□□□□□□: 3:33:30

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 35:17 | 6:41 | 49 | 12:31 | 211 | 13:34 | 5.27 | 35:17 | 6:41 | 23 | 2:40 | 239 | 4:44 |
| Runde | 5.27 | 33:34 | 6:22 | 40 | 9:53 | 172 | 11:51 | 10.54 | 1:08:51 | 6:31 | 23 | 3:50 | 243 | 25:25 |
| Runde | 5.27 | 34:22 | 6:31 | 38 | 9:39 | 170 | 12:07 | 15.81 | 1:43:13 | 6:31 | 23 | 3:43 | 243 | 37:32 |
| Runde | 5.27 | 37:46 | 7:09 | 48 | 12:00 | 206 | 14:58 | 21.08 | 2:20:59 | 6:41 | 23 | 3:44 | 243 | 52:30 |
| Runde | 5.27 | 43:32 | 8:15 | 56 | 17:02 | 249 | 20:56 | 26.35 | 3:04:31 | 7:00 | 23 | 4:33 | 243 | 1:13:26 |
| Runde | 5.27 | 50:24 | 9:33 | 60 | 22:15 | 267 | 27:52 | 31.62 | 3:54:55 | 7:25 | 23 | 10:38 | 243 | 1:41:18 |
| Runde | 5.27 | 51:25 | 9:45 | 59 | 22:58 | 257 | 28:13 | 36.89 | 4:46:20 | 7:45 | 23 | 14:41 | 242 | 2:09:31 |
| Runde | 5.27 | 50:15 | 9:32 | 55 | 23:15 | 256 | 34:30 | 42.16 | 5:36:35 | 7:59 | 54 | 4:43:13 | 248 | 4:43:13 |