



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

□□□□

Krömer, Holger

□□: VfL Bückeberg

□□: 196

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 5:40:00

□□: 7.44 km/h

□□□□: 8:04 min/km

□□□□□/□□□: 270 (of 311)

□□□□□/□: 247 (of 279)

□□□□□□: 3:02:44

□□□□□: 42(of 47)

□□□□□□□: 3:29:07

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27 | 34:14 | 6:29 | 24 | 8:59 | 189 | 12:31 | 5.27 | 34:14 | 6:29 | 19 | 1:25 | 165 | 3:41 | |
| Runde | 5.27 | 33:22 | 6:19 | 22 | 8:21 | 161 | 11:39 | 10.54 | 1:07:36 | 6:24 | 19 | | 153 | 24:10 | |
| Runde | 5.27 | 34:14 | 6:29 | 24 | 8:12 | 161 | 11:59 | 15.81 | 1:41:50 | 6:26 | 15 | | 226 | 36:09 | |
| Runde | 5.27 | 35:10 | 6:40 | 23 | 9:14 | 164 | 12:22 | 21.08 | 2:17:00 | 6:29 | 19 | | 159 | 48:31 | |
| Runde | 5.27 | 40:44 | 7:43 | 33 | 14:25 | 218 | 18:08 | 26.35 | 2:57:44 | 6:44 | 19 | | 248 | 1:06:39 | |
| Runde | 5.27 | 47:46 | 9:03 | 44 | 20:29 | 256 | 25:14 | 31.62 | 3:45:30 | 7:07 | 19 | | 248 | 1:31:53 | |
| Runde | 5.27 | 57:24 | 10:53 | 46 | 29:45 | 271 | 34:12 | 36.89 | 4:42:54 | 7:40 | 19 | 0:31 | 247 | 2:06:05 | |
| Runde | 5.27 | 57:06 | 10:50 | 46 | 31:28 | 274 | 41:21 | 42.16 | 5:40:00 | 8:03 | 42 | 2:10:53 | 253 | 4:46:38 | |