



# 10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Kaiser, Jörg

□□: Zossen

□□: 167

□□: 31.62 km

3/4 Marathon

□□□□:

Männer M45

□□□: 3:38:57

□□: 8.66 km/h

□□□□: 6:55 min/km

□□□□□/□□□: 9 (of 23)

□□□□□/□: 9 (of 22)

□□□□□□: 2:46:55

□□□□□: 3(of 6)

□□□□□□□: 3:16:15

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□□□□

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| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 5.27     | 32:52    | 6:14         | 2       | 2:26    | 9       | 7:35    | 5.27  | 32:52     | 6:14      | 3             | 2:26    | 15      |         |         |
| Runde | 5.27     | 32:43    | 6:12         | 2       | 1:57    | 9       | 5:54    | 10.54 | 1:05:35   | 6:13      | 3             | 4:23    | 15      |         |         |
| Runde | 5.27     | 34:15    | 6:29         | 3       | 3:49    | 14      | 7:23    | 15.81 | 1:39:50   | 6:18      | 3             | 8:12    | 15      |         |         |
| Runde | 5.27     | 36:08    | 6:51         | 4       | 5:04    | 15      | 8:12    | 21.08 | 2:15:58   | 6:27      | 3             | 13:16   | 15      |         |         |
| Runde | 5.27     | 39:01    | 7:24         | 4       | 5:37    | 15      | 10:42   | 26.35 | 2:54:59   | 6:38      | 3             | 18:53   | 15      |         |         |
| Runde | 5.27     | 43:58    | 8:20         | 3       | 3:49    | 10      | 12:50   | 31.62 | 3:38:57   | 6:55      | 3             | 22:42   | 9       | 52:02   |         |