



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Kretzschmar, Manfred

□□□: 3:47:25

□□: Ichttershausen

□□: 11.08 km/h

□□: 376

□□□□: 5:23 min/km

□□: 42.18 km

□□□□□/□□□: 36 (of 305)

Marathon

□□□□□/□: 35 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 2(of 8)

Männer M60

□□□□□□□: 3:03:47

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:17	2:34	2	0:08	24	0:08	0.50	1:17	2:34	3	-	-	20	
Runde	3.47	16:09	4:39	2	2:01	36	2:38	3.97	17:26	4:23	4	-	-	53	
Runde	3.47	16:15	4:40	2	2:01	28	2:01	7.44	33:41	4:31	4	-	-	51	
Runde	3.47	16:39	4:47	2	2:16	28	13:30	10.91	50:20	4:36	4	-	-	50	
Runde	3.47	17:07	4:55	2	2:30	36	2:46	14.38	1:07:27	4:41	4	-	-	48	
Runde	3.47	17:22	5:00	2	2:33	31	2:57	17.85	1:24:49	4:45	4	-	-	47	
Runde	3.47	17:49	5:08	2	2:57	32	3:14	21.32	1:42:38	4:48	4	-	-	46	15:30
Runde	3.47	19:18	5:33	2	4:11	47	4:46	24.79	2:01:56	4:55	4	-	-	46	19:53
Runde	3.47	20:07	5:47	2	4:41	57	5:42	28.26	2:22:03	5:01	3	23:18	-	41	24:46
Runde	3.47	21:38	6:14	2	5:45	69	6:39	31.73	2:43:41	5:09	3	29:03	-	39	30:10
Runde	3.47	22:08	6:22	2	5:52	62	6:41	35.20	3:05:49	5:16	2	34:55	-	35	31:39
Runde	3.47	21:16	6:07	2	5:01	42	5:24	38.67	3:27:05	5:21	2	39:56	-	34	41:57
Ziel	3.47	20:20	5:51	2	3:42	37	4:44	42.18	3:47:25	5:23	2	43:38	-	35	46:04