



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Morgenstern, Kai-Uwe

□□□: 3:48:53

□□: Burscheid

□□: 11.06 km/h

□□: 134

□□□□: 5:26 min/km

□□: 42.18 km

□□□□□/□□□: 40 (of 305)

Marathon

□□□□□/□: 38 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 13(of 57)

Männer M45

□□□□□□□: 3:07:03

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:47	3:34	20	0:38	94	0:38	0.50	1:47	3:34	9	-	-	56	
Runde	3.47	17:11	4:57	15	3:40	54	3:40	3.97	18:58	4:46	48	-	-	56	
Runde	3.47	17:12	4:57	12	2:56	47	2:58	7.44	36:10	4:51	46	-	-	54	
Runde	3.47	17:11	4:57	10	14:02	40	14:02	10.91	53:21	4:53	46	-	-	53	
Runde	3.47	17:01	4:54	8	2:09	29	2:40	14.38	1:10:22	4:53	46	-	-	51	
Runde	3.47	17:32	5:03	10	2:44	36	3:07	17.85	1:27:54	4:55	45	-	-	50	
Runde	3.47	17:51	5:08	10	2:55	33	3:16	21.32	1:45:45	4:57	45	-	-	49	18:37
Runde	3.47	17:59	5:10	9	2:49	26	3:27	24.79	2:03:44	4:59	45	-	-	49	21:41
Runde	3.47	18:51	5:25	11	3:01	30	4:26	28.26	2:22:35	5:02	27	-	-	44	25:18
Runde	3.47	19:39	5:39	13	3:25	36	4:40	31.73	2:42:14	5:06	27	-	-	42	28:43
Runde	3.47	20:44	5:58	14	4:02	37	5:17	35.20	3:02:58	5:11	39	-	-	38	28:48
Runde	3.47	21:45	6:16	14	4:28	53	5:53	38.67	3:24:43	5:17	39	-	-	37	39:35
Ziel	3.47	24:10	6:57	23	6:45	116	8:34	42.18	3:48:53	5:25	13	41:50	-	38	47:32