



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Lutz, Marco

□□□: 3:49:01

□□: Bad Friedrichshall

□□: 11.00 km/h

□□: 233

□□□□: 5:26 min/km

□□: 42.18 km

□□□□□/□□□: 41 (of 305)

Marathon

□□□□□/□: 39 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 4(of 34)

Männer M30

□□□□□□□: 3:01:21

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:42	3:23	10	0:32	72	0:33	0.50	1:42	3:23	21	-	57	
Runde	3.47	16:22	4:42	6	2:16	39	2:51	3.97	18:04	4:33	21	-	57	
Runde	3.47	16:24	4:43	5	1:45	33	2:10	7.44	34:28	4:37	21	-	55	
Runde	3.47	17:58	5:10	7	3:12	58	14:49	10.91	52:26	4:48	21	-	54	
Runde	3.47	16:54	4:52	5	1:57	26	2:33	14.38	1:09:20	4:49	21	-	52	
Runde	3.47	17:25	5:01	4	2:30	32	3:00	17.85	1:26:45	4:51	21	-	51	
Runde	3.47	18:03	5:12	5	3:05	39	3:28	21.32	1:44:48	4:54	21	-	50	17:40
Runde	3.47	18:38	5:22	6	4:06	40	4:06	24.79	2:03:26	4:58	21	-	50	21:23
Runde	3.47	20:23	5:52	9	5:58	61	5:58	28.26	2:23:49	5:05	21	-	45	26:32
Runde	3.47	21:12	6:06	8	6:13	62	6:13	31.73	2:45:01	5:12	21	-	43	31:30
Runde	3.47	43:22	12:29	34	27:55	252	27:55	35.20	3:28:23	5:55	21	-	39	54:13
Runde	3.47	20:38	5:56	5	4:24	33	4:46	38.67	3:49:01	5:55	21	-	38	1:03:53
Ziel	3.47	-	-	33	-	245	-	42.18	3:49:01	5:25	4	47:40	39	47:40