



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Teichert, Gerd

□□: TSG Seelow

□□: 86

□□: 42.18 km

Marathon

□□□□:

Männer M45

□□□: 3:50:03

□□: 10.95 km/h

□□□□: 5:27 min/km

□□□□□/□□□: 42 (of 305)

□□□□□/□: 40 (of 271)

□□□□□□: 3:01:21

□□□□□: 14(of 57)

□□□□□□□: 3:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:42	3:23	13	0:33	72	0:33	0.50	1:42	3:23	49		57	
Runde	3.47	20:09	5:48	42	6:38	170	6:38	3.97	21:51	5:30	49	0:10	58	
Runde	3.47	19:02	5:29	26	4:46	102	4:48	7.44	40:53	5:29	47	0:33	56	
Runde	3.47	18:36	5:21	21	15:27	77	15:27	10.91	59:29	5:27	47		55	
Runde	3.47	17:48	5:07	13	2:56	50	3:27	14.38	1:17:17	5:22	47		53	
Runde	3.47	17:39	5:05	12	2:51	39	3:14	17.85	1:34:56	5:19	46		52	0:54
Runde	3.47	17:53	5:09	11	2:57	34	3:18	21.32	1:52:49	5:17	46		51	25:41
Runde	3.47	17:59	5:10	9	2:49	26	3:27	24.79	2:10:48	5:16	46		51	28:45
Runde	3.47	17:42	5:06	5	1:52	17	3:17	28.26	2:28:30	5:15	41		46	31:13
Runde	3.47	18:14	5:15	5	2:00	19	3:15	31.73	2:46:44	5:15	41		44	33:13
Runde	3.47	19:40	5:40	8	2:58	24	4:13	35.20	3:06:24	5:17	27		40	32:14
Runde	3.47	43:39	12:34	51	26:22	251	27:47	38.67	3:50:03	5:56	27		39	1:04:55
Ziel	3.47	-	-	49		245		42.18	3:50:03	5:27	14	43:00	40	48:42