



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Armenat, Martin

□□: Thüros Georgenthal
 □□: 343

□□: 42.18 km
 Marathon

□□□□:
 Männer M30

□□□: 3:54:49

□□: 10.73 km/h
 □□□□: 5:34 min/km

□□□□□/□□□□: 50 (of 305)

□□□□□/□: 47 (of 271)

□□□□□□: 3:01:21

□□□□□: 6(of 34)

□□□□□□□: 3:01:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:27	2:53	7	0:17	41	0:18	0.50	1:27	2:53	23	-	41	
Runde	3.47	15:13	4:23	4	1:07	23	1:42	3.97	16:40	4:11	23	-	65	
Runde	3.47	15:22	4:25	4	0:43	18	1:08	7.44	32:02	4:18	23	-	63	
Runde	3.47	15:49	4:33	3	1:03	18	12:40	10.91	47:51	4:23	23	-	62	
Runde	3.47	16:32	4:45	4	1:35	22	2:11	14.38	1:04:23	4:28	23	-	60	
Runde	3.47	17:25	5:01	4	2:30	32	3:00	17.85	1:21:48	4:34	23	-	59	
Runde	3.47	17:22	5:00	4	2:24	25	2:47	21.32	1:39:10	4:39	23	-	58	12:02
Runde	3.47	17:51	5:08	3	3:19	23	3:19	24.79	1:57:01	4:43	23	-	58	14:58
Runde	3.47	19:39	5:39	6	5:14	46	5:14	28.26	2:16:40	4:50	23	-	53	19:23
Runde	3.47	21:43	6:15	10	6:44	72	6:44	31.73	2:38:23	4:59	23	-	51	24:52
Runde	3.47	22:08	6:22	7	6:41	62	6:41	35.20	3:00:31	5:07	23	-	47	26:21
Runde	3.47	24:47	7:08	14	8:33	118	8:55	38.67	3:25:18	5:18	23	-	46	40:10
Ziel	3.47	29:31	8:30	29	13:18	211	13:55	42.18	3:54:49	5:34	6	53:28	47	53:28