



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

0000

Heiml, Alexandra

000: 3:55:26

00: Eigner Express

00: 10.70 km/h

00: 145

0000: 5:35 min/km

00: 42.18 km

00000/000: 51 (of 305)

Marathon

00000/0: 4 (of 34)

000000: 3:41:58

0000:

00000: 3(of 9)

Frauen W35

0000000: 3:48:24

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|-------|------|-------|--------|----|-------|----|-------|-------|---------|--------|----|-------|----|-------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Runde | 0.50 | 1:32 | 3:04 | 1 | - | 3 | 0:18 | 0.50 | 1:32 | 3:04 | 5 | - | 24 | |
| Runde | 3.47 | 17:41 | 5:05 | 3 | 0:38 | 4 | 0:38 | 3.97 | 19:13 | 4:50 | 5 | - | 24 | |
| Runde | 3.47 | 18:32 | 5:20 | 3 | 18:14 | 4 | 18:14 | 7.44 | 37:45 | 5:04 | 5 | - | 24 | |
| Runde | 3.47 | 19:05 | 5:29 | 4 | 18:22 | 6 | 18:22 | 10.91 | 56:50 | 5:12 | 5 | 11:07 | 24 | |
| Runde | 3.47 | 19:26 | 5:36 | 4 | 18:30 | 6 | 18:30 | 14.38 | 1:16:16 | 5:18 | 5 | 29:37 | 24 | |
| Runde | 3.47 | 19:25 | 5:35 | 3 | 1:04 | 5 | 1:22 | 17.85 | 1:35:41 | 5:21 | 4 | - | 29 | |
| Runde | 3.47 | 19:34 | 5:38 | 3 | 0:54 | 4 | 1:02 | 21.32 | 1:55:15 | 5:24 | 4 | - | 29 | |
| Runde | 3.47 | 19:56 | 5:44 | 3 | 1:38 | 4 | 1:38 | 24.79 | 2:15:11 | 5:27 | 4 | - | 29 | |
| Runde | 3.47 | 19:57 | 5:44 | 2 | 1:04 | 3 | 1:09 | 28.26 | 2:35:08 | 5:29 | 3 | 5:46 | 29 | |
| Runde | 3.47 | 19:58 | 5:45 | 2 | 0:20 | 4 | 1:12 | 31.73 | 2:55:06 | 5:31 | 3 | 6:06 | 29 | |
| Runde | 3.47 | 20:13 | 5:49 | 1 | - | 3 | 1:05 | 35.20 | 3:15:19 | 5:32 | 3 | 6:02 | 29 | |
| Runde | 3.47 | 20:14 | 5:49 | 1 | - | 2 | 1:25 | 38.67 | 3:35:33 | 5:34 | 3 | 5:59 | 29 | |
| Ziel | 3.47 | 19:53 | 5:43 | 2 | 1:03 | 4 | 19:26 | 42.18 | 3:55:26 | 5:34 | 3 | 7:02 | 4 | 13:28 |