



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Raber, Roland

□□: LLG Wustweiler
 □□: 373

□□: 42.18 km
 Marathon

□□□□:
 Männer M45

□□□: 3:57:58

□□: 10.59 km/h
 □□□□: 5:38 min/km

□□□□□/□□□□: 55 (of 305)

□□□□□/□: 51 (of 271)

□□□□□□: 3:01:21

□□□□□: 15(of 57)

□□□□□□□: 3:07:03

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:39	3:17	12	0:30	61	0:30	0.50	1:39	3:17	50	-	-	69	
Runde	3.47	16:55	4:52	13	3:24	46	3:24	3.97	18:34	4:40	50	-	-	69	
Runde	3.47	17:11	4:57	11	2:55	46	2:57	7.44	35:45	4:48	48	-	-	67	
Runde	3.47	17:19	4:59	11	14:10	41	14:10	10.91	53:04	4:51	48	-	-	66	
Runde	3.47	17:56	5:10	14	3:04	53	3:35	14.38	1:11:00	4:56	48	-	-	64	
Runde	3.47	18:22	5:17	16	3:34	54	3:57	17.85	1:29:22	5:00	47	-	-	63	
Runde	3.47	18:50	5:25	15	3:54	50	4:15	21.32	1:48:12	5:04	47	-	-	62	21:04
Runde	3.47	19:31	5:37	14	4:21	55	4:59	24.79	2:07:43	5:09	47	-	-	62	25:40
Runde	3.47	21:53	6:18	24	6:03	102	7:28	28.26	2:29:36	5:17	42	-	-	57	32:19
Runde	3.47	23:23	6:44	30	7:09	123	8:24	31.73	2:52:59	5:27	42	-	-	55	39:28
Runde	3.47	23:25	6:44	21	6:43	99	7:58	35.20	3:16:24	5:34	41	-	-	51	42:14
Runde	3.47	21:42	6:15	13	4:25	52	5:50	38.67	3:38:06	5:38	41	-	-	50	52:58
Ziel	3.47	19:52	5:43	8	2:27	26	4:16	42.18	3:57:58	5:38	15	50:55	-	51	56:37