



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

neugebauer, alfred

□□□: 3:58:10

□□: Team Erdinger Alkoholfrei

□□: 10.63 km/h

□□: 147

□□□□: 5:39 min/km

□□: 42.18 km

□□□□□/□□□: 56 (of 305)

Marathon

□□□□□/□: 52 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 9(of 54)

Männer M40

□□□□□□□: 3:11:42

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50 | 1:53 | 3:46 | 23 | 0:44 | 116 | 0:44 | 0.50 | 1:53 | 3:46 | 14 | 0:09 | 70 | |
| Runde | 3.47 | 17:24 | 5:00 | 10 | 3:19 | 59 | 3:53 | 3.97 | 19:17 | 4:51 | 13 | | 70 | |
| Runde | 3.47 | 17:55 | 5:09 | 12 | 3:30 | 61 | 3:41 | 7.44 | 37:12 | 5:00 | 39 | | 68 | |
| Runde | 3.47 | 17:47 | 5:07 | 8 | 3:17 | 51 | 14:38 | 10.91 | 54:59 | 5:02 | 38 | | 67 | |
| Runde | 3.47 | 18:13 | 5:14 | 12 | 3:52 | 59 | 3:52 | 14.38 | 1:13:12 | 5:05 | 36 | | 65 | |
| Runde | 3.47 | 19:02 | 5:29 | 16 | 4:13 | 72 | 4:37 | 17.85 | 1:32:14 | 5:10 | 36 | | 64 | |
| Runde | 3.47 | 18:54 | 5:26 | 9 | 3:54 | 52 | 4:19 | 21.32 | 1:51:08 | 5:12 | 36 | | 63 | 24:00 |
| Runde | 3.47 | 20:59 | 6:02 | 18 | 5:13 | 92 | 6:27 | 24.79 | 2:12:07 | 5:19 | 36 | | 63 | 30:04 |
| Runde | 3.47 | 20:54 | 6:01 | 15 | 4:21 | 72 | 6:29 | 28.26 | 2:33:01 | 5:24 | 36 | | 58 | 35:44 |
| Runde | 3.47 | 21:04 | 6:04 | 12 | 3:34 | 60 | 6:05 | 31.73 | 2:54:05 | 5:29 | 35 | | 56 | 40:34 |
| Runde | 3.47 | 22:24 | 6:27 | 12 | 4:31 | 71 | 6:57 | 35.20 | 3:16:29 | 5:34 | 35 | | 52 | 42:19 |
| Runde | 3.47 | 21:24 | 6:10 | 7 | 3:49 | 47 | 5:32 | 38.67 | 3:37:53 | 5:38 | 35 | | 51 | 52:45 |
| Ziel | 3.47 | 20:17 | 5:50 | 5 | 3:21 | 36 | 4:41 | 42.18 | 3:58:10 | 5:38 | 9 | 46:28 | 52 | 56:49 |