



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Grugel, Martin

000: 3:58:27

00: LG Mauerweg Berlin .e.V.

00: 10.57 km/h

00: 230

0000: 5:39 min/km

00: 42.18 km

00000/000: 58 (of 305)

Marathon

00000/0: 54 (of 271)

000000: 3:01:21

0000:

00000: 10(of 54)

Männer M40

0000000: 3:11:42

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	0.50	2:16	4:31	42	1:07	193	1:07	0.50	2:16	4:31	40	0:32	72	
Runde	3.47	19:05	5:29	26	5:00	115	5:34	3.97	21:21	5:22	40		72	
Runde	3.47	18:43	5:23	22	4:18	94	4:29	7.44	40:04	5:23	2		70	
Runde	3.47	19:46	5:41	27	5:16	118	16:37	10.91	59:50	5:29	39		69	
Runde	3.47	18:50	5:25	16	4:29	79	4:29	14.38	1:18:40	5:28	37		67	
Runde	3.47	18:49	5:25	14	4:00	66	4:24	17.85	1:37:29	5:27	37		66	3:27
Runde	3.47	19:36	5:38	14	4:36	76	5:01	21.32	1:57:05	5:29	37		65	29:57
Runde	3.47	19:29	5:36	9	3:43	53	4:57	24.79	2:16:34	5:30	37		65	34:31
Runde	3.47	19:34	5:38	8	3:01	42	5:09	28.26	2:36:08	5:31	37		60	38:51
Runde	3.47	20:00	5:45	6	2:30	41	5:01	31.73	2:56:08	5:33	36		58	42:37
Runde	3.47	21:00	6:03	6	3:07	42	5:33	35.20	3:17:08	5:36	36		54	42:58
Runde	3.47	20:30	5:54	4	2:55	30	4:38	38.67	3:37:38	5:37	36		53	52:30
Ziel	3.47	20:49	5:59	6	3:53	46	5:13	42.18	3:58:27	5:39	10	46:45	54	57:06