



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Friese, Ralf

□□: LifePark Max Ingolstadt

□□: 274

□□: 42.18 km

Marathon

□□□□:

Männer M40

□□□: 3:58:43

□□: 10.60 km/h

□□□□: 5:40 min/km

□□□□□/□□□□: 60 (of 305)

□□□□□□/□: 56 (of 271)

□□□□□□: 3:01:21

□□□□□: 12(of 54)

□□□□□□□: 3:11:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:01	4:01	28	0:52	142	0:52	0.50	2:01	4:01	19	0:17	52	
Runde	3.47	18:40	5:22	23	4:35	102	5:09	3.97	20:41	5:12	28		74	
Runde	3.47	17:43	5:06	8	3:18	56	3:29	7.44	38:24	5:09	28		72	
Runde	3.47	17:50	5:08	9	3:20	52	14:41	10.91	56:14	5:09	28		71	
Runde	3.47	18:16	5:15	13	3:55	61	3:55	14.38	1:14:30	5:10	39		45	
Runde	3.47	18:13	5:14	8	3:24	51	3:48	17.85	1:32:43	5:11	39		44	
Runde	3.47	18:05	5:12	6	3:05	41	3:30	21.32	1:50:48	5:11	39		43	23:40
Runde	3.47	18:55	5:27	7	3:09	44	4:23	24.79	2:09:43	5:13	39		67	27:40
Runde	3.47	20:55	6:01	16	4:22	74	6:30	28.26	2:30:38	5:19	39		62	33:21
Runde	3.47	21:20	6:08	14	3:50	63	6:21	31.73	2:51:58	5:25	38		60	38:27
Runde	3.47	21:50	6:17	10	3:57	59	6:23	35.20	3:13:48	5:30	38		56	39:38
Runde	3.47	22:30	6:29	9	4:55	61	6:38	38.67	3:36:18	5:35	38		55	51:10
Ziel	3.47	22:25	6:27	11	5:29	81	6:49	42.18	3:58:43	5:39	12	47:01	56	57:22