



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Schliwa, Sebastian

□□□: 3:37:06

□□: Gebrüder Schliwa

□□: 11.61 km/h

□□: 355

□□□□: 5:09 min/km

□□: 42.18 km

□□□□□/□□□: 23 (of 305)

Marathon

□□□□□/□: 23 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 4(of 23)

Männer M20

□□□□□□□: 3:15:22

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:34	3:07	10	0:25	55	0:25	0.50	1:34	3:07	16	-	-	55	
Runde	3.47	18:06	5:12	10	4:27	82	4:35	3.97	19:40	4:57	16	-	-	77	
Runde	3.47	16:49	4:50	9	2:33	41	2:35	7.44	36:29	4:54	16	-	-	65	
Runde	3.47	16:48	4:50	9	2:31	34	13:39	10.91	53:17	4:53	16	-	-	74	
Runde	3.47	17:27	5:01	9	3:02	41	3:06	14.38	1:10:44	4:55	16	-	-	72	
Runde	3.47	17:09	4:56	6	2:44	23	2:44	17.85	1:27:53	4:55	16	-	-	71	
Runde	3.47	16:53	4:51	4	2:18	15	2:18	21.32	1:44:46	4:54	16	-	-	70	17:38
Runde	3.47	17:06	4:55	4	2:11	13	2:34	24.79	2:01:52	4:54	16	-	-	70	19:49
Runde	3.47	17:41	5:05	4	2:27	16	3:16	28.26	2:19:33	4:56	16	-	-	65	22:16
Runde	3.47	18:10	5:14	4	1:56	18	3:11	31.73	2:37:43	4:58	16	-	-	63	24:12
Runde	3.47	18:25	5:18	3	0:44	15	2:58	35.20	2:56:08	5:00	16	-	-	59	21:58
Runde	3.47	19:34	5:38	5	1:11	20	3:42	38.67	3:15:42	5:03	16	-	-	58	30:34
Ziel	3.47	21:24	6:10	12	5:17	58	5:48	42.18	3:37:06	5:08	4	21:44	23	35:45	