



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Meikstat, Gunnar

□□: Berlin

□□: 300

□□: 42.18 km

Marathon

□□□□:

Männer M30

□□□: 4:01:21

□□: 10.49 km/h

□□□□: 5:43 min/km

□□□□□/□□□□: 65 (of 305)

□□□□□□/□: 61 (of 271)

□□□□□□: 3:01:21

□□□□□: 8(of 34)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:04	4:08	19	0:54	155	0:55	0.50	2:04	4:08	8	-	-	80	
Runde	3.47	16:57	4:53	7	2:51	47	3:26	3.97	19:01	4:47	25	-	-	80	
Runde	3.47	17:07	4:55	7	2:28	45	2:53	7.44	36:08	4:51	25	-	-	78	
Runde	3.47	17:25	5:01	5	2:39	45	14:16	10.91	53:33	4:54	25	-	-	77	
Runde	3.47	17:43	5:06	6	2:46	46	3:22	14.38	1:11:16	4:57	25	-	-	75	
Runde	3.47	18:11	5:14	6	3:16	50	3:46	17.85	1:29:27	5:00	25	-	-	74	
Runde	3.47	19:14	5:32	10	4:16	62	4:39	21.32	1:48:41	5:05	25	-	-	73	21:33
Runde	3.47	20:17	5:50	11	5:45	73	5:45	24.79	2:08:58	5:12	25	-	-	73	26:55
Runde	3.47	21:18	6:08	12	6:53	80	6:53	28.26	2:30:16	5:19	25	-	-	68	32:59
Runde	3.47	23:23	6:44	17	8:24	123	8:24	31.73	2:53:39	5:28	25	-	-	66	40:08
Runde	3.47	22:01	6:20	6	6:34	61	6:34	35.20	3:15:40	5:33	25	-	-	62	41:30
Runde	3.47	22:18	6:25	7	6:04	58	6:26	38.67	3:37:58	5:38	25	-	-	61	52:50
Ziel	3.47	23:23	6:44	11	7:10	99	7:47	42.18	4:01:21	5:43	8	1:00:00	-	61	1:00:00