



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Gräfe, Frank

□□: Schwimm Team Nellingen
 □□: 262

□□: 42.18 km
 Marathon

□□□□:
 Männer M20

□□□: 4:01:54

□□: 10.42 km/h
 □□□□: 5:44 min/km

□□□□□/□□□□: 66 (of 305)

□□□□□/□: 62 (of 271)

□□□□□□: 3:01:21

□□□□□: 7(of 23)

□□□□□□□: 3:15:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:00	4:00	14	0:51	135	0:51	0.50	2:00	4:00	15	0:23	81	
Runde	3.47	18:41	5:23	11	5:02	103	5:10	3.97	20:41	5:12	15		74	
Runde	3.47	18:16	5:15	11	4:00	76	4:02	7.44	38:57	5:14	15		79	
Runde	3.47	17:56	5:10	10	3:39	54	14:47	10.91	56:53	5:12	15		78	
Runde	3.47	18:05	5:12	11	3:40	58	3:44	14.38	1:14:58	5:12	15		76	
Runde	3.47	19:17	5:33	11	4:52	81	4:52	17.85	1:34:15	5:16	15		75	0:13
Runde	3.47	19:57	5:44	11	5:22	88	5:22	21.32	1:54:12	5:21	15		74	27:04
Runde	3.47	20:25	5:53	11	5:30	74	5:53	24.79	2:14:37	5:25	15		74	32:34
Runde	3.47	21:34	6:12	14	6:20	88	7:09	28.26	2:36:11	5:31	15		69	38:54
Runde	3.47	22:48	6:34	13	6:34	109	7:49	31.73	2:58:59	5:38	15		67	45:28
Runde	3.47	23:07	6:39	11	5:26	88	7:40	35.20	3:22:06	5:44	15		63	47:56
Runde	3.47	20:59	6:02	9	2:36	38	5:07	38.67	3:43:05	5:46	15		62	57:57
Ziel	3.47	18:49	5:25	4	2:42	18	3:13	42.18	4:01:54	5:44	7	46:32	62	1:00:33