



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Bornack, Olaf

□□: Halle

□□: 148

□□: 42.18 km

Marathon

□□□□:

Männer M40

□□□: 4:02:18

□□: 10.40 km/h

□□□□: 5:44 min/km

□□□□□/□□□□: 67 (of 305)

□□□□□/□: 63 (of 271)

□□□□□□: 3:01:21

□□□□□: 13(of 54)

□□□□□□□: 3:11:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:35	3:09	10	0:26	57	0:26	0.50	1:35	3:09	43	-	82	
Runde	3.47	15:34	4:29	4	1:29	29	2:03	3.97	17:09	4:19	35	-	51	
Runde	3.47	16:36	4:47	5	2:11	36	2:22	7.44	33:45	4:32	43	-	80	
Runde	3.47	16:42	4:48	4	2:12	29	13:33	10.91	50:27	4:37	42	-	79	
Runde	3.47	17:42	5:06	8	3:21	44	3:21	14.38	1:08:09	4:44	27	-	77	
Runde	3.47	18:01	5:11	7	3:12	44	3:36	17.85	1:26:10	4:49	27	-	76	
Runde	3.47	18:59	5:28	10	3:59	57	4:24	21.32	1:45:09	4:55	27	-	75	18:01
Runde	3.47	20:14	5:49	15	4:28	72	5:42	24.79	2:05:23	5:03	27	-	75	23:20
Runde	3.47	21:24	6:10	17	4:51	84	6:59	28.26	2:26:47	5:11	27	-	70	29:30
Runde	3.47	22:57	6:36	18	5:27	115	7:58	31.73	2:49:44	5:20	39	-	68	36:13
Runde	3.47	24:10	6:57	21	6:17	125	8:43	35.20	3:13:54	5:30	39	-	64	39:44
Runde	3.47	25:44	7:24	28	8:09	148	9:52	38.67	3:39:38	5:40	39	-	63	54:30
Ziel	3.47	22:40	6:31	12	5:44	84	7:04	42.18	4:02:18	5:44	13	50:36	63	1:00:57