



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

0000

Heck, Michael

000: 4:06:02

00: Vorwärts Köln

00: 10.24 km/h

00: 257

0000: 5:50 min/km

00: 42.18 km

00000/000: 70 (of 305)

Marathon

00000/0: 66 (of 271)

000000: 3:01:21

0000:

00000: 9(of 32)

Männer M35

0000000: 3:05:20

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	0.50	1:25	2:50	5	0:16	36	0:16	0.50	1:25	2:50	24	-	37	
Runde	3.47	17:02	4:54	6	2:49	50	3:31	3.97	18:27	4:38	24	-	85	
Runde	3.47	18:04	5:12	7	3:37	66	3:50	7.44	36:31	4:54	24	-	83	
Runde	3.47	18:07	5:13	7	3:15	63	14:58	10.91	54:38	5:00	24	-	82	
Runde	3.47	17:47	5:07	6	2:38	49	3:26	14.38	1:12:25	5:02	24	-	80	
Runde	3.47	18:29	5:19	7	3:05	56	4:04	17.85	1:30:54	5:05	24	-	79	
Runde	3.47	19:22	5:34	9	3:45	65	4:47	21.32	1:50:16	5:10	24	-	78	23:08
Runde	3.47	20:07	5:47	9	4:37	68	5:35	24.79	2:10:23	5:15	24	-	78	28:20
Runde	3.47	20:01	5:46	9	4:14	56	5:36	28.26	2:30:24	5:19	24	-	73	33:07
Runde	3.47	22:39	6:31	14	6:56	106	7:40	31.73	2:53:03	5:27	24	-	62	39:32
Runde	3.47	23:41	6:49	16	7:54	113	8:14	35.20	3:16:44	5:35	24	-	67	42:34
Runde	3.47	24:20	7:00	15	8:28	103	8:28	38.67	3:41:04	5:43	24	-	66	55:56
Ziel	3.47	24:58	7:11	19	9:22	134	9:22	42.18	4:06:02	5:49	9	1:00:42	66	1:04:41