



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Zikmunda, Ondrej

□□□: 4:06:06

□□: Prag

□□: 10.24 km/h

□□: 312

□□□□: 5:50 min/km

□□: 42.18 km

□□□□□/□□□□: 72 (of 305)

Marathon

□□□□□/□: 68 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 9(of 34)

Männer M30

□□□□□□□: 3:01:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:23	4:46	29	1:13	212	1:14	0.50	2:23	4:46	26	-	13	
Runde	3.47	19:09	5:31	14	5:03	116	5:38	3.97	21:32	5:25	26	-	87	
Runde	3.47	18:07	5:13	10	3:28	67	3:53	7.44	39:39	5:19	26	-	85	
Runde	3.47	18:18	5:16	9	3:32	70	15:09	10.91	57:57	5:18	26	-	84	
Runde	3.47	18:23	5:17	7	3:26	65	4:02	14.38	1:16:20	5:18	26	-	82	
Runde	3.47	18:23	5:17	7	3:28	55	3:58	17.85	1:34:43	5:18	26	-	81	0:41
Runde	3.47	18:23	5:17	6	3:25	45	3:48	21.32	1:53:06	5:18	26	-	80	25:58
Runde	3.47	18:39	5:22	7	4:07	42	4:07	24.79	2:11:45	5:18	26	-	80	29:42
Runde	3.47	19:48	5:42	8	5:23	52	5:23	28.26	2:31:33	5:21	26	-	75	34:16
Runde	3.47	20:59	6:02	7	6:00	57	6:00	31.73	2:52:32	5:26	26	-	73	39:01
Runde	3.47	23:22	6:44	11	7:55	96	7:55	35.20	3:15:54	5:33	26	-	69	41:44
Runde	3.47	25:41	7:24	20	9:27	144	9:49	38.67	3:41:35	5:43	26	-	68	56:27
Ziel	3.47	24:31	7:03	16	8:18	123	8:55	42.18	4:06:06	5:50	9	1:04:45	68	1:04:45