



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Plewan, Steffen

□□□: 4:09:34

□□: Pulsschlag Neuhausen Erzgebirge

□□: 10.10 km/h

□□: 242

□□□□: 5:55 min/km

□□: 42.18 km

□□□□□/□□□: 80 (of 305)

Marathon

□□□□□/□: 75 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 19(of 57)

Männer M45

□□□□□□□: 3:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:05	4:10	37	0:56	161	0:56	0.50	2:05	4:10	13	-	75	
Runde	3.47	17:56	5:10	22	4:25	75	4:25	3.97	20:01	5:02	54	-	94	
Runde	3.47	18:08	5:13	18	3:52	69	3:54	7.44	38:09	5:07	35	-	25	
Runde	3.47	18:11	5:14	19	15:02	65	15:02	10.91	56:20	5:09	52	-	91	
Runde	3.47	18:36	5:21	19	3:44	72	4:15	14.38	1:14:56	5:12	52	-	89	
Runde	3.47	19:02	5:29	19	4:14	72	4:37	17.85	1:33:58	5:15	51	-	88	
Runde	3.47	20:06	5:47	20	5:10	92	5:31	21.32	1:54:04	5:21	51	-	87	26:56
Runde	3.47	20:53	6:01	21	5:43	87	6:21	24.79	2:14:57	5:26	51	-	87	32:54
Runde	3.47	21:50	6:17	23	6:00	98	7:25	28.26	2:36:47	5:32	46	-	82	39:30
Runde	3.47	23:21	6:43	29	7:07	122	8:22	31.73	3:00:08	5:40	46	-	80	46:37
Runde	3.47	23:19	6:43	20	6:37	94	7:52	35.20	3:23:27	5:46	45	-	76	49:17
Runde	3.47	23:08	6:39	17	5:51	76	7:16	38.67	3:46:35	5:51	45	-	75	1:01:27
Ziel	3.47	22:59	6:37	18	5:34	92	7:23	42.18	4:09:34	5:55	19	1:02:31	75	1:08:13