



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Schwarzenberg, Frank

□□□: 4:11:26

□□: Heidetreter Nordsachen

□□: 10.02 km/h

□□: 191

□□□□: 5:58 min/km

□□: 42.18 km

□□□□□/□□□: 85 (of 305)

Marathon

□□□□□/□: 80 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 9(of 47)

Männer M50

□□□□□□□: 3:13:15

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□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50     | 2:01     | 4:01         | 18      | 0:50    | 142     | 0:52    | 0.50  | 2:01      | 4:01          | 25      | 0:03    | 52      |         |
| Runde | 3.47     | 18:43    | 5:23         | 12      | 3:37    | 104     | 5:12    | 3.97  | 20:44     | 5:13          | 25      | 0:12    | 98      |         |
| Runde | 3.47     | 19:36    | 5:38         | 14      | 4:46    | 118     | 5:22    | 7.44  | 40:20     | 5:25          | 35      |         | 7       |         |
| Runde | 3.47     | 20:21    | 5:51         | 16      | 5:24    | 151     | 17:12   | 10.91 | 1:00:41   | 5:33          | 35      |         | 95      |         |
| Runde | 3.47     | 20:18    | 5:51         | 16      | 5:11    | 129     | 5:57    | 14.38 | 1:20:59   | 5:37          | 34      |         | 93      |         |
| Runde | 3.47     | 19:47    | 5:42         | 11      | 4:19    | 95      | 5:22    | 17.85 | 1:40:46   | 5:38          | 34      |         | 92      | 6:44    |
| Runde | 3.47     | 19:44    | 5:41         | 10      | 4:18    | 85      | 5:09    | 21.32 | 2:00:30   | 5:39          | 34      |         | 91      | 33:22   |
| Runde | 3.47     | 20:55    | 6:01         | 10      | 5:28    | 91      | 6:23    | 24.79 | 2:21:25   | 5:42          | 34      |         | 91      | 39:22   |
| Runde | 3.47     | 20:56    | 6:01         | 8       | 5:01    | 75      | 6:31    | 28.26 | 2:42:21   | 5:44          | 32      |         | 86      | 45:04   |
| Runde | 3.47     | 21:46    | 6:16         | 10      | 5:23    | 73      | 6:47    | 31.73 | 3:04:07   | 5:48          | 31      |         | 84      | 50:36   |
| Runde | 3.47     | 22:37    | 6:31         | 12      | 5:37    | 79      | 7:10    | 35.20 | 3:26:44   | 5:52          | 31      |         | 80      | 52:34   |
| Runde | 3.47     | 22:34    | 6:30         | 9       | 4:48    | 62      | 6:42    | 38.67 | 3:49:18   | 5:55          | 31      |         | 79      | 1:04:10 |
| Ziel  | 3.47     | 22:08    | 6:22         | 14      | 3:39    | 74      | 6:32    | 42.18 | 4:11:26   | 5:57          | 9       | 58:11   | 80      | 1:10:05 |