



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Bothe, Holger

□□□: 4:11:52

□□: Botenläufer e. V.

□□: 10.01 km/h

□□: 297

□□□□: 5:58 min/km

□□: 42.18 km

□□□□□/□□□: 86 (of 305)

Marathon

□□□□□/□: 81 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 21(of 57)

Männer M45

□□□□□□□: 3:07:03

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:25	2:50	8	0:16	36	0:16	0.50	1:25	2:50	56	-	37	
Runde	3.47	17:04	4:55	14	3:33	51	3:33	3.97	18:29	4:39	56	-	99	
Runde	3.47	18:19	5:16	20	4:03	77	4:05	7.44	36:48	4:56	54	-	97	
Runde	3.47	19:01	5:28	23	15:52	86	15:52	10.91	55:49	5:06	54	-	96	
Runde	3.47	18:49	5:25	22	3:57	78	4:28	14.38	1:14:38	5:11	54	-	94	
Runde	3.47	19:13	5:32	20	4:25	78	4:48	17.85	1:33:51	5:15	53	-	93	
Runde	3.47	19:23	5:35	17	4:27	66	4:48	21.32	1:53:14	5:18	53	-	92	26:06
Runde	3.47	20:13	5:49	17	5:03	71	5:41	24.79	2:13:27	5:22	53	-	92	31:24
Runde	3.47	21:19	6:08	20	5:29	82	6:54	28.26	2:34:46	5:28	48	-	87	37:29
Runde	3.47	22:38	6:31	22	6:24	104	7:39	31.73	2:57:24	5:35	48	-	85	43:53
Runde	3.47	24:20	7:00	29	7:38	131	8:53	35.20	3:21:44	5:43	47	-	81	47:34
Runde	3.47	25:32	7:21	29	8:15	140	9:40	38.67	3:47:16	5:52	47	-	80	1:02:08
Ziel	3.47	24:36	7:05	26	7:11	128	9:00	42.18	4:11:52	5:58	21	1:04:49	81	1:10:31