



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Böhme, Kai

□□: LG Pristewitz
 □□: 248

□□: 42.18 km
 Marathon

□□□□:
 Männer M40

□□□: 4:14:00

□□: 9.92 km/h
 □□□□: 6:01 min/km

□□□□□/□□□: 91 (of 305)

□□□□□/□: 86 (of 271)

□□□□□□: 3:01:21

□□□□□: 19(of 54)

□□□□□□□: 3:11:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:07	4:14	35	0:58	170	0:58	0.50	2:07	4:14	9	0:23	105	
Runde	3.47	17:59	5:10	17	3:54	77	4:28	3.97	20:06	5:03	49		105	
Runde	3.47	17:45	5:06	10	3:20	58	3:31	7.44	37:51	5:05	49		103	
Runde	3.47	18:12	5:14	12	3:42	66	15:03	10.91	56:03	5:08	48		102	
Runde	3.47	18:04	5:12	11	3:43	56	3:43	14.38	1:14:07	5:09	46		100	
Runde	3.47	18:40	5:22	11	3:51	60	4:15	17.85	1:32:47	5:11	46		99	
Runde	3.47	20:28	5:53	22	5:28	105	5:53	21.32	1:53:15	5:18	46		98	26:07
Runde	3.47	21:21	6:09	19	5:35	107	6:49	24.79	2:14:36	5:25	46		98	32:33
Runde	3.47	22:52	6:35	24	6:19	134	8:27	28.26	2:37:28	5:34	46		93	40:11
Runde	3.47	24:19	7:00	28	6:49	152	9:20	31.73	3:01:47	5:43	45		91	48:16
Runde	3.47	23:21	6:43	17	5:28	95	7:54	35.20	3:25:08	5:49	45		87	50:58
Runde	3.47	24:19	7:00	14	6:44	101	8:27	38.67	3:49:27	5:56	45		86	1:04:19
Ziel	3.47	24:33	7:04	21	7:37	124	8:57	42.18	4:14:00	6:01	19	1:02:18	86	1:12:39