



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

0000

Withöft, Holger

00: VfL Börnsen

00: 108

00: 42.18 km

Marathon

0000:

Männer M55

000: 4:14:30

00: 9.94 km/h

0000: 6:02 min/km

00000/000: 94 (of 305)

00000/0: 88 (of 271)

000000: 3:01:21

00000: 4(of 12)

0000000: 3:17:56

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|-------|------|-------|--------|----|------|-----|-------|-------|---------|--------|----|-------|-----|---------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Runde | 0.50 | 1:25 | 2:50 | 2 | 0:10 | 36 | 0:16 | 0.50 | 1:25 | 2:50 | 4 | 0:10 | 37 | |
| Runde | 3.47 | 17:43 | 5:06 | 3 | 2:30 | 69 | 4:12 | 3.97 | 19:08 | 4:49 | 4 | 2:40 | 107 | |
| Runde | 3.47 | 19:03 | 5:29 | 3 | 3:37 | 104 | 4:49 | 7.44 | 38:11 | 5:07 | 4 | 6:17 | 105 | |
| Runde | 3.47 | 20:08 | 5:48 | 5 | 4:18 | 140 | 16:59 | 10.91 | 58:19 | 5:20 | 4 | 10:35 | 104 | |
| Runde | 3.47 | 20:35 | 5:55 | 5 | 4:24 | 144 | 6:14 | 14.38 | 1:18:54 | 5:29 | 4 | 14:59 | 102 | |
| Runde | 3.47 | 20:11 | 5:48 | 5 | 3:57 | 109 | 5:46 | 17.85 | 1:39:05 | 5:33 | 4 | 18:56 | 101 | 5:03 |
| Runde | 3.47 | 20:22 | 5:52 | 5 | 3:54 | 103 | 5:47 | 21.32 | 1:59:27 | 5:36 | 4 | 22:50 | 100 | 32:19 |
| Runde | 3.47 | 20:38 | 5:56 | 3 | 4:02 | 80 | 6:06 | 24.79 | 2:20:05 | 5:39 | 4 | 26:52 | 100 | 38:02 |
| Runde | 3.47 | 21:34 | 6:12 | 3 | 4:31 | 88 | 7:09 | 28.26 | 2:41:39 | 5:43 | 4 | 31:23 | 95 | 44:22 |
| Runde | 3.47 | 22:27 | 6:28 | 5 | 5:18 | 97 | 7:28 | 31.73 | 3:04:06 | 5:48 | 4 | 36:41 | 93 | 50:35 |
| Runde | 3.47 | 23:27 | 6:45 | 5 | 5:57 | 100 | 8:00 | 35.20 | 3:27:33 | 5:53 | 4 | 42:38 | 89 | 53:23 |
| Runde | 3.47 | 23:27 | 6:45 | 3 | 7:02 | 82 | 7:35 | 38.67 | 3:51:00 | 5:58 | 4 | 49:40 | 88 | 1:05:52 |
| Ziel | 3.47 | 23:30 | 6:46 | 5 | 6:54 | 103 | 7:54 | 42.18 | 4:14:30 | 6:02 | 4 | 56:34 | 88 | 1:13:09 |