



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Monath, Vanessa

□□□: 4:14:12

□□: Berlin

□□: 9.91 km/h

□□: 126

□□□□: 6:02 min/km

□□: 42.18 km

□□□□□/□□□□: 93 (of 305)

Marathon

□□□□□/□: 6 (of 34)

□□□□□□: 3:41:58

□□□□:

□□□□□: 1(of 6)

Frauen W30

□□□□□□□: 4:14:12

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:11	4:21	4	0:42	21	0:57	0.50	2:11	4:21	1	-	26	
Runde	3.47	20:01	5:46	1	-	12	2:58	3.97	22:12	5:35	1	-	26	
Runde	3.47	19:23	5:35	1	-	9	19:05	7.44	41:35	5:35	1	-	26	
Runde	3.47	19:04	5:29	1	-	5	18:21	10.91	1:00:39	5:33	1	-	26	
Runde	3.47	18:47	5:24	1	-	3	17:51	14.38	1:19:26	5:31	1	-	26	
Runde	3.47	19:15	5:32	1	-	4	1:12	17.85	1:38:41	5:31	1	-	27	
Runde	3.47	20:11	5:48	1	-	5	1:39	21.32	1:58:52	5:34	1	-	27	
Runde	3.47	21:10	6:05	1	-	5	2:52	24.79	2:20:02	5:38	1	-	27	
Runde	3.47	21:39	6:14	1	-	5	2:51	28.26	2:41:41	5:43	1	-	27	
Runde	3.47	21:49	6:17	1	-	6	3:03	31.73	3:03:30	5:46	1	-	27	
Runde	3.47	23:00	6:37	1	-	6	3:52	35.20	3:26:30	5:51	1	-	27	
Runde	3.47	24:17	6:59	2	1:05	9	5:28	38.67	3:50:47	5:58	1	-	27	
Ziel	3.47	23:25	6:44	2	1:34	11	22:58	42.18	4:14:12	6:01	1	-	6	32:14