



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Gebhard, Tobias

□□□: 4:15:05

□□: Elsfleth

□□: 9.88 km/h

□□: 77

□□□□: 6:03 min/km

□□: 42.18 km

□□□□□/□□□: 96 (of 305)

Marathon

□□□□□/□: 90 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 10(of 23)

Männer M20

□□□□□□□: 3:15:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:29	4:58	20	1:20	230	1:20	0.50	2:29	4:58	3	0:52	109		
Runde	3.47	22:47	6:33	21	9:08	248	9:16	3.97	25:16	6:21	12	4:21	109		
Runde	3.47	21:33	6:12	19	7:17	202	7:19	7.44	46:49	6:17	12	5:31	107	2:15	
Runde	3.47	20:51	6:00	16	6:34	168	17:42	10.91	1:07:40	6:12	12	6:40	106		
Runde	3.47	20:26	5:53	15	6:01	135	6:05	14.38	1:28:06	6:07	12	6:50	104		
Runde	3.47	20:35	5:55	15	6:10	124	6:10	17.85	1:48:41	6:05	12	7:24	103	14:39	
Runde	3.47	20:45	5:58	14	6:10	115	6:10	21.32	2:09:26	6:04	12	8:03	102	42:18	
Runde	3.47	21:00	6:03	13	6:05	94	6:28	24.79	2:30:26	6:04	12	8:58	102	48:23	
Runde	3.47	20:49	5:59	9	5:35	67	6:24	28.26	2:51:15	6:03	12	10:00	97	53:58	
Runde	3.47	21:22	6:09	9	5:08	65	6:23	31.73	3:12:37	6:04	12	8:38	95	59:06	
Runde	3.47	21:36	6:13	7	3:55	55	6:09	35.20	3:34:13	6:05	1	-	91	1:00:03	
Runde	3.47	20:55	6:01	8	2:32	37	5:03	38.67	3:55:08	6:04	12		90	1:10:00	
Ziel	3.47	19:57	5:44	6	3:50	27	4:21	42.18	4:15:05	6:02	10	59:43	90	1:13:44	