



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

**Nordmann, Malte**

□□□: 4:15:19

□□: Berlin

□□: 9.87 km/h

□□: 29

□□□□: 6:03 min/km

□□: 42.18 km

□□□□□/□□□: 97 (of 305)

Marathon

□□□□□/□: 91 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 11(of 47)

Männer M50

□□□□□□□: 3:13:15

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□□□□

□□□

| □□□   | □□   | □□    | □□     | □□ | □□   | □□  | □□    | □□□   | □□□     | □□□    | □□ | □□      | □□ | □□         |
|-------|------|-------|--------|----|------|-----|-------|-------|---------|--------|----|---------|----|------------|
|       | km   | □□    | min/km | -  | -    | □   | □     | km    | □□      | min/km | -  | -       | □  | □          |
| Runde | 0.50 | 1:50  | 3:39   | 13 | 0:39 | 107 | 0:41  | 0.50  | 1:50    | 3:39   | 39 |         |    | 111        |
| Runde | 3.47 | 19:28 | 5:36   | 16 | 4:22 | 131 | 5:57  | 3.97  | 21:18   | 5:21   | 39 | 0:46    |    | 111        |
| Runde | 3.47 | 20:05 | 5:47   | 17 | 5:15 | 140 | 5:51  | 7.44  | 41:23   | 5:33   | 37 | 0:19    |    | 109        |
| Runde | 3.47 | 19:50 | 5:42   | 14 | 4:53 | 123 | 16:41 | 10.91 | 1:01:13 | 5:36   | 37 |         |    | 108        |
| Runde | 3.47 | 19:55 | 5:44   | 11 | 4:48 | 109 | 5:34  | 14.38 | 1:21:08 | 5:38   | 36 |         |    | 106        |
| Runde | 3.47 | 19:52 | 5:43   | 12 | 4:24 | 100 | 5:27  | 17.85 | 1:41:00 | 5:39   | 36 |         |    | 105 6:58   |
| Runde | 3.47 | 19:59 | 5:45   | 11 | 4:33 | 89  | 5:24  | 21.32 | 2:00:59 | 5:40   | 36 |         |    | 104 33:51  |
| Runde | 3.47 | 20:27 | 5:53   | 8  | 5:00 | 75  | 5:55  | 24.79 | 2:21:26 | 5:42   | 24 |         |    | 99 39:23   |
| Runde | 3.47 | 21:25 | 6:10   | 9  | 5:30 | 85  | 7:00  | 28.26 | 2:42:51 | 5:45   | 23 |         |    | 99 45:34   |
| Runde | 3.47 | 21:20 | 6:08   | 6  | 4:57 | 63  | 6:21  | 31.73 | 3:04:11 | 5:48   | 33 |         |    | 97 50:40   |
| Runde | 3.47 | 22:26 | 6:27   | 11 | 5:26 | 73  | 6:59  | 35.20 | 3:26:37 | 5:52   | 33 |         |    | 93 52:27   |
| Runde | 3.47 | 24:24 | 7:01   | 21 | 6:38 | 107 | 8:32  | 38.67 | 3:51:01 | 5:58   | 33 |         |    | 92 1:05:53 |
| Ziel  | 3.47 | 24:18 | 7:00   | 24 | 5:49 | 118 | 8:42  | 42.18 | 4:15:19 | 6:03   | 11 | 1:02:04 |    | 91 1:13:58 |