



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Scheitza, Falko

□□□: 4:15:53

□□: Bochum

□□: 9.89 km/h

□□: 65

□□□□: 6:04 min/km

□□: 42.18 km

□□□□□/□□□: 99 (of 305)

Marathon

□□□□□/□: 93 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 12(of 47)

Männer M50

□□□□□□□: 3:13:15

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:10	4:19	23	0:59	176	1:01	0.50	2:10	4:19	40	0:12	113		
Runde	3.47	24:06	6:56	47	9:00	267	10:35	3.97	26:16	6:36	40	5:44	113	0:50	
Runde	3.47	17:50	5:08	7	3:00	59	3:36	7.44	44:06	5:55	38	3:02	111		
Runde	3.47	18:26	5:18	7	3:29	72	15:17	10.91	1:02:32	5:43	38	0:05	88		
Runde	3.47	18:28	5:19	6	3:21	67	4:07	14.38	1:21:00	5:37	37		108		
Runde	3.47	18:18	5:16	5	2:50	53	3:53	17.85	1:39:18	5:33	37		107	5:16	
Runde	3.47	18:59	5:28	6	3:33	57	4:24	21.32	1:58:17	5:32	37		106	31:09	
Runde	3.47	20:59	6:02	11	5:32	92	6:27	24.79	2:19:16	5:37	37		106	37:13	
Runde	3.47	22:06	6:22	14	6:11	108	7:41	28.26	2:41:22	5:42	35		101	44:05	
Runde	3.47	22:38	6:31	17	6:15	104	7:39	31.73	3:04:00	5:47	23		99	50:29	
Runde	3.47	23:46	6:50	22	6:46	118	8:19	35.20	3:27:46	5:54	23		95	53:36	
Runde	3.47	24:46	7:08	23	7:00	117	8:54	38.67	3:52:32	6:00	23		94	1:07:24	
Ziel	3.47	23:21	6:43	22	4:52	98	7:45	42.18	4:15:53	6:03	12	1:02:38	93	1:14:32	