



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

0000

motzkus, steffen

000: 4:16:39

00: Wolfen

00: 9.82 km/h

00: 358

0000: 6:05 min/km

00: 42.18 km

00000/000: 101 (of 305)

Marathon

00000/0: 95 (of 271)

000000: 3:01:21

0000:

00000: 13(of 34)

Männer M30

0000000: 3:01:21

0000

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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	2:07	4:14	22	0:57	170	0:58	0.50	2:07	4:14	31	-	105	
Runde	3.47	19:19	5:34	16	5:13	125	5:48	3.97	21:26	5:23	31	-	115	
Runde	3.47	19:02	5:29	14	4:23	102	4:48	7.44	40:28	5:26	31	-	113	
Runde	3.47	20:01	5:46	21	5:15	133	16:52	10.91	1:00:29	5:32	31	-	112	
Runde	3.47	19:36	5:38	17	4:39	102	5:15	14.38	1:20:05	5:34	31	-	110	
Runde	3.47	19:57	5:44	17	5:02	104	5:32	17.85	1:40:02	5:36	31	-	109	6:00
Runde	3.47	21:38	6:14	21	6:40	144	7:03	21.32	2:01:40	5:42	31	-	108	34:32
Runde	3.47	21:08	6:05	14	6:36	99	6:36	24.79	2:22:48	5:45	31	-	108	40:45
Runde	3.47	21:51	6:17	14	7:26	100	7:26	28.26	2:44:39	5:49	31	-	103	47:22
Runde	3.47	22:21	6:26	13	7:22	92	7:22	31.73	3:07:00	5:53	31	-	101	53:29
Runde	3.47	24:41	7:06	17	9:14	136	9:14	35.20	3:31:41	6:00	31	-	97	57:31
Runde	3.47	22:56	6:36	9	6:42	69	7:04	38.67	3:54:37	6:04	31	-	96	1:09:29
Ziel	3.47	22:02	6:20	7	5:49	71	6:26	42.18	4:16:39	6:05	13	1:15:18	95	1:15:18