



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Hellrung, Heiko

□□: Bad Sooden-Allendorf
 □□: 370

□□: 42.18 km
 Marathon

□□□□:
 Männer M45

□□□: 4:17:47

□□: 9.78 km/h
 □□□□: 6:07 min/km

□□□□□/□□□: 105 (of 305)

□□□□□/□: 99 (of 271)

□□□□□□: 3:01:21

□□□□□: 23(of 57)

□□□□□□□: 3:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:00	4:00	32	0:51	135	0:51	0.50	2:00	4:00	16		81	
Runde	3.47	19:58	5:45	41	6:27	161	6:27	3.97	21:58	5:31	16	0:17	62	
Runde	3.47	20:05	5:47	34	5:49	140	5:51	7.44	42:03	5:39	56	1:43	117	
Runde	3.47	20:04	5:46	32	16:55	137	16:55	10.91	1:02:07	5:41	56	2:32	116	
Runde	3.47	20:45	5:58	35	5:53	150	6:24	14.38	1:22:52	5:45	56	3:36	114	
Runde	3.47	20:21	5:51	27	5:33	115	5:56	17.85	1:43:13	5:46	55	3:20	113	9:11
Runde	3.47	20:58	6:02	26	6:02	120	6:23	21.32	2:04:11	5:49	55	2:43	112	37:03
Runde	3.47	20:54	6:01	22	5:44	89	6:22	24.79	2:25:05	5:51	55	0:26	112	43:02
Runde	3.47	21:10	6:05	17	5:20	77	6:45	28.26	2:46:15	5:52	50		107	48:58
Runde	3.47	22:15	6:24	19	6:01	87	7:16	31.73	3:08:30	5:56	50		105	54:59
Runde	3.47	22:15	6:24	17	5:33	65	6:48	35.20	3:30:45	5:59	49		101	56:35
Runde	3.47	23:54	6:53	20	6:37	92	8:02	38.67	3:54:39	6:04	49		100	1:09:31
Ziel	3.47	23:08	6:39	19	5:43	94	7:32	42.18	4:17:47	6:06	23	1:10:44	99	1:16:26