



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Schrod, Matthias

□□□: 4:20:32

□□: CaBas CaBaNauTeN

□□: 9.67 km/h

□□: 223

□□□□: 6:11 min/km

□□: 42.18 km

□□□□□/□□□: 111 (of 305)

Marathon

□□□□□/□: 104 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 15(of 32)

Männer M35

□□□□□□□: 3:05:20

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:43	3:25	11	0:34	79	0:34	0.50	1:43	3:25	18	-	-	27	
Runde	3.47	19:21	5:34	16	5:08	127	5:50	3.97	21:04	5:18	18	-	-	124	
Runde	3.47	19:03	5:29	14	4:36	104	4:49	7.44	40:07	5:23	18	-	-	122	
Runde	3.47	19:26	5:36	13	4:34	101	16:17	10.91	59:33	5:27	18	-	-	121	
Runde	3.47	20:11	5:48	14	5:02	120	5:50	14.38	1:19:44	5:32	18	-	-	119	
Runde	3.47	20:55	6:01	20	5:31	147	6:30	17.85	1:40:39	5:38	18	-	-	118	6:37
Runde	3.47	20:30	5:54	14	4:53	110	5:55	21.32	2:01:09	5:40	18	-	-	117	34:01
Runde	3.47	21:10	6:05	13	5:40	100	6:38	24.79	2:22:19	5:44	18	-	-	117	40:16
Runde	3.47	22:35	6:30	14	6:48	123	8:10	28.26	2:44:54	5:50	18	-	-	112	47:37
Runde	3.47	23:56	6:53	17	8:13	135	8:57	31.73	3:08:50	5:57	18	-	-	110	55:19
Runde	3.47	24:22	7:01	18	8:35	132	8:55	35.20	3:33:12	6:03	18	-	-	106	59:02
Runde	3.47	23:53	6:52	12	8:01	91	8:01	38.67	3:57:05	6:07	18	-	-	105	1:11:57
Ziel	3.47	23:27	6:45	14	7:51	101	7:51	42.18	4:20:32	6:10	15	1:15:12	104	1:19:11	