



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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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

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□□□

| □□□ | □□ 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 | |