



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Haase, Jens

□□: Eschwege
 □□: 407

□□: 42.18 km
 Marathon

□□□□:
 Männer M45

□□□: 4:20:45

□□: 9.66 km/h
 □□□□: 6:11 min/km

□□□□□/□□□□: 112 (of 305)

□□□□□/□: 105 (of 271)

□□□□□□: 3:01:21

□□□□□: 25(of 57)

□□□□□□□: 3:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:45	3:30	16	0:36	86	0:36	0.50	1:45	3:30	3		3	
Runde	3.47	19:23	5:35	32	5:52	128	5:52	3.97	21:08	5:19	3		125	
Runde	3.47	20:04	5:46	33	5:48	139	5:50	7.44	41:12	5:32	2	0:52	123	
Runde	3.47	20:44	5:58	39	17:35	164	17:35	10.91	1:01:56	5:40	2	2:21	122	
Runde	3.47	20:45	5:58	35	5:53	150	6:24	14.38	1:22:41	5:44	2	3:25	120	
Runde	3.47	20:57	6:02	34	6:09	148	6:32	17.85	1:43:38	5:48	2	3:45	119	9:36
Runde	3.47	21:07	6:05	30	6:11	129	6:32	21.32	2:04:45	5:51	2	3:17	118	37:37
Runde	3.47	21:41	6:14	28	6:31	117	7:09	24.79	2:26:26	5:54	2	1:47	118	44:23
Runde	3.47	22:10	6:23	27	6:20	111	7:45	28.26	2:48:36	5:57	52		113	51:19
Runde	3.47	22:52	6:35	25	6:38	113	7:53	31.73	3:11:28	6:02	52		111	57:57
Runde	3.47	23:44	6:50	25	7:02	116	8:17	35.20	3:35:12	6:06	51		107	1:01:02
Runde	3.47	23:47	6:51	19	6:30	89	7:55	38.67	3:58:59	6:10	51		106	1:13:51
Ziel	3.47	21:46	6:16	13	4:21	66	6:10	42.18	4:20:45	6:10	25	1:13:42	105	1:19:24