



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Ranne, Raschid

□□□: 4:23:15

□□: Eldagsen

□□: 9.57 km/h

□□: 238

□□□□: 6:14 min/km

□□: 42.18 km

□□□□□/□□□: 119 (of 305)

Marathon

□□□□□/□: 111 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 21(of 54)

Männer M40

□□□□□□□: 3:11:42

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□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50     | 2:00     | 4:00         | 26      | 0:51    | 135     | 0:51    | 0.50  | 2:00      | 4:00          | 51      | 0:16    | 81      |         |
| Runde | 3.47     | 19:35    | 5:38         | 30      | 5:30    | 137     | 6:04    | 3.97  | 21:35     | 5:26          | 51      |         | 131     |         |
| Runde | 3.47     | 19:39    | 5:39         | 29      | 5:14    | 124     | 5:25    | 7.44  | 41:14     | 5:32          | 51      |         | 129     |         |
| Runde | 3.47     | 19:36    | 5:38         | 22      | 5:06    | 107     | 16:27   | 10.91 | 1:00:50   | 5:34          | 50      |         | 128     |         |
| Runde | 3.47     | 19:49    | 5:42         | 24      | 5:28    | 106     | 5:28    | 14.38 | 1:20:39   | 5:36          | 48      |         | 126     |         |
| Runde | 3.47     | 19:47    | 5:42         | 19      | 4:58    | 95      | 5:22    | 17.85 | 1:40:26   | 5:37          | 48      |         | 125     | 6:24    |
| Runde | 3.47     | 20:10    | 5:48         | 21      | 5:10    | 96      | 5:35    | 21.32 | 2:00:36   | 5:39          | 48      |         | 124     | 33:28   |
| Runde | 3.47     | 21:26    | 6:10         | 21      | 5:40    | 110     | 6:54    | 24.79 | 2:22:02   | 5:43          | 48      |         | 124     | 39:59   |
| Runde | 3.47     | 22:36    | 6:30         | 21      | 6:03    | 125     | 8:11    | 28.26 | 2:44:38   | 5:49          | 48      |         | 119     | 47:21   |
| Runde | 3.47     | 24:15    | 6:59         | 26      | 6:45    | 150     | 9:16    | 31.73 | 3:08:53   | 5:57          | 47      |         | 117     | 55:22   |
| Runde | 3.47     | 25:04    | 7:13         | 29      | 7:11    | 148     | 9:37    | 35.20 | 3:33:57   | 6:04          | 47      |         | 113     | 59:47   |
| Runde | 3.47     | 25:05    | 7:13         | 22      | 7:30    | 129     | 9:13    | 38.67 | 3:59:02   | 6:10          | 47      |         | 112     | 1:13:54 |
| Ziel  | 3.47     | 24:13    | 6:58         | 19      | 7:17    | 117     | 8:37    | 42.18 | 4:23:15   | 6:14          | 21      | 1:11:33 | 111     | 1:21:54 |