



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Schweizer, Lars

□□: Tiger Balm Team
 □□: 190

□□: 42.18 km
 Marathon

□□□□:
 Männer M20

□□□: 4:23:56

□□: 9.55 km/h
 □□□□: 6:16 min/km

□□□□□/□□□: 122 (of 305)

□□□□□/□: 114 (of 271)

□□□□□□: 3:01:21

□□□□□: 12(of 23)

□□□□□□□: 3:15:22

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	1:53	3:46	13	0:44	116	0:44	0.50	1:53	3:46	10	0:16	70	
Runde	3.47	17:06	4:55	9	3:27	52	3:35	3.97	18:59	4:46	10		134	
Runde	3.47	17:35	5:04	10	3:19	52	3:21	7.44	36:34	4:54	10		132	
Runde	3.47	17:57	5:10	11	3:40	57	14:48	10.91	54:31	4:59	10		131	
Runde	3.47	18:35	5:21	12	4:10	71	4:14	14.38	1:13:06	5:05	10		129	
Runde	3.47	19:28	5:36	12	5:03	86	5:03	17.85	1:32:34	5:11	10		128	
Runde	3.47	20:58	6:02	16	6:23	120	6:23	21.32	1:53:32	5:19	10		127	26:24
Runde	3.47	22:09	6:22	16	7:14	134	7:37	24.79	2:15:41	5:28	10		127	33:38
Runde	3.47	23:39	6:48	18	8:25	164	9:14	28.26	2:39:20	5:38	10		122	42:03
Runde	3.47	24:47	7:08	16	8:33	166	9:48	31.73	3:04:07	5:48	10	0:08	84	50:36
Runde	3.47	26:56	7:45	17	9:15	189	11:29	35.20	3:31:03	5:59	10		116	56:53
Runde	3.47	27:16	7:51	16	8:53	184	11:24	38.67	3:58:19	6:09	10	0:23	115	1:13:11
Ziel	3.47	25:37	7:22	16	9:30	157	10:01	42.18	4:23:56	6:15	12	1:08:34	114	1:22:35