



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Gerlach, Marco

□□□: 4:26:56

□□: Mülheim an der Ruhr

□□: 9.44 km/h

□□: 21

□□□□: 6:20 min/km

□□: 42.18 km

□□□□□/□□□: 135 (of 305)

Marathon

□□□□□/□: 127 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 18(of 32)

Männer M35

□□□□□□□: 3:05:20

□□□□

□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50     | 2:25     | 4:49         | 25      | 1:16    | 222     | 1:16    | 0.50  | 2:25      | 4:49          | 15      | 0:25    | 147     |         |
| Runde | 3.47     | 23:00    | 6:37         | 30      | 8:47    | 255     | 9:29    | 3.97  | 25:25     | 6:24          | 15      | 3:53    | 147     |         |
| Runde | 3.47     | 22:21    | 6:26         | 29      | 7:54    | 229     | 8:07    | 7.44  | 47:46     | 6:25          | 15      | 6:03    | 145     | 3:12    |
| Runde | 3.47     | 21:27    | 6:10         | 25      | 6:35    | 191     | 18:18   | 10.91 | 1:09:13   | 6:20          | 15      | 7:27    | 144     | 1:19    |
| Runde | 3.47     | 21:02    | 6:03         | 22      | 5:53    | 162     | 6:41    | 14.38 | 1:30:15   | 6:16          | 15      | 7:01    | 142     |         |
| Runde | 3.47     | 20:49    | 5:59         | 18      | 5:25    | 142     | 6:24    | 17.85 | 1:51:04   | 6:13          | 15      | 6:43    | 141     | 17:02   |
| Runde | 3.47     | 21:15    | 6:07         | 19      | 5:38    | 135     | 6:40    | 21.32 | 2:12:19   | 6:12          | 15      | 6:13    | 140     | 45:11   |
| Runde | 3.47     | 21:11    | 6:06         | 14      | 5:41    | 101     | 6:39    | 24.79 | 2:33:30   | 6:11          | 15      | 4:33    | 140     | 51:27   |
| Runde | 3.47     | 21:54    | 6:18         | 11      | 6:07    | 103     | 7:29    | 28.26 | 2:55:24   | 6:12          | 15      | 3:13    | 135     | 58:07   |
| Runde | 3.47     | 22:25    | 6:27         | 12      | 6:42    | 94      | 7:26    | 31.73 | 3:17:49   | 6:14          | 15      | 0:46    | 133     | 1:04:18 |
| Runde | 3.47     | 23:03    | 6:38         | 12      | 7:16    | 85      | 7:36    | 35.20 | 3:40:52   | 6:16          | 15      | 2:42    | 129     | 1:06:42 |
| Runde | 3.47     | 24:05    | 6:56         | 13      | 8:13    | 96      | 8:13    | 38.67 | 4:04:57   | 6:20          | 15      | 4:20    | 128     | 1:19:49 |
| Ziel  | 3.47     | 21:59    | 6:20         | 10      | 6:23    | 70      | 6:23    | 42.18 | 4:26:56   | 6:19          | 18      | 1:21:36 | 127     | 1:25:35 |