



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

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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	