



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Harmening, Manfred

□□□: 4:28:33

□□: VfL Bückeburg

□□: 9.38 km/h

□□: 395

□□□□: 6:22 min/km

□□: 42.18 km

□□□□□/□□□□: 141 (of 305)

Marathon

□□□□□/□: 133 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 4(of 8)

Männer M60

□□□□□□□: 3:03:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:28	4:56	8	1:19	228	1:19	0.50	2:28	4:56	6	0:05	153		
Runde	3.47	22:25	6:27	6	8:17	240	8:54	3.97	24:53	6:16	6		153		
Runde	3.47	21:56	6:19	6	7:42	217	7:42	7.44	46:49	6:17	6		107	2:15	
Runde	3.47	22:12	6:23	6	7:49	210	19:03	10.91	1:09:01	6:19	6		150	1:07	
Runde	3.47	21:53	6:18	5	7:16	184	7:32	14.38	1:30:54	6:19	6		148		
Runde	3.47	21:33	6:12	4	6:44	163	7:08	17.85	1:52:27	6:17	6		147	18:25	
Runde	3.47	22:01	6:20	4	7:09	167	7:26	21.32	2:14:28	6:18	6		146	47:20	
Runde	3.47	22:21	6:26	3	7:14	140	7:49	24.79	2:36:49	6:19	6		146	54:46	
Runde	3.47	22:34	6:30	4	7:08	122	8:09	28.26	2:59:23	6:20	5	1:00:38	141	1:02:06	
Runde	3.47	22:16	6:25	3	6:23	88	7:17	31.73	3:21:39	6:21	5	1:07:01	139	1:08:08	
Runde	3.47	22:21	6:26	3	6:05	70	6:54	35.20	3:44:00	6:21	4	1:13:06	135	1:09:50	
Runde	3.47	22:49	6:34	3	6:34	66	6:57	38.67	4:06:49	6:22	4	1:19:40	134	1:21:41	
Ziel	3.47	21:44	6:15	4	5:06	65	6:08	42.18	4:28:33	6:22	4	1:24:46	133	1:27:12	