



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Lindenbeck, Christof

□□□: 4:28:48

□□: Stolpertruppe Winsen/Freiburg

□□: 9.38 km/h

□□: 202

□□□□: 6:22 min/km

□□: 42.18 km

□□□□□/□□□□: 142 (of 305)

Marathon

□□□□□/□: 134 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 17(of 47)

Männer M50

□□□□□□□: 3:13:15

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	2:12	4:24	24	1:01	182	1:03	0.50	2:12	4:24	24	0:14	11	
Runde	3.47	21:31	6:12	35	6:25	214	8:00	3.97	23:43	5:58	24	3:11	154	
Runde	3.47	22:36	6:30	41	7:46	234	8:22	7.44	46:19	6:13	23	5:15	152	1:45
Runde	3.47	22:19	6:25	37	7:22	214	19:10	10.91	1:08:38	6:17	23	6:11	151	0:44
Runde	3.47	23:46	6:50	41	8:39	239	9:25	14.38	1:32:24	6:25	42	7:44	149	
Runde	3.47	24:23	7:01	40	8:55	233	9:58	17.85	1:56:47	6:32	42	9:28	148	22:45
Runde	3.47	23:16	6:42	34	7:50	197	8:41	21.32	2:20:03	6:34	42	9:06	147	52:55
Runde	3.47	21:53	6:18	16	6:26	123	7:21	24.79	2:41:56	6:31	42	6:54	147	59:53
Runde	3.47	22:04	6:21	13	6:09	106	7:39	28.26	3:04:00	6:30	40	3:31	142	1:06:43
Runde	3.47	21:40	6:14	9	5:17	71	6:41	31.73	3:25:40	6:28	39		140	1:12:09
Runde	3.47	21:21	6:09	5	4:21	50	5:54	35.20	3:47:01	6:26	39		136	1:12:51
Runde	3.47	21:50	6:17	6	4:04	54	5:58	38.67	4:08:51	6:26	39		135	1:23:43
Ziel	3.47	19:57	5:44	3	1:28	27	4:21	42.18	4:28:48	6:22	17	1:15:33	134	1:27:27