



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Schwan, Stefan

□□□: 4:29:24

□□: Halle

□□: 9.35 km/h

□□: 310

□□□□: 6:23 min/km

□□: 42.18 km

□□□□□/□□□: 144 (of 305)

Marathon

□□□□□/□: 135 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 21(of 34)

Männer M30

□□□□□□□: 3:01:21

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:24	2:47	5	0:14	34	0:15	0.50	1:24	2:47	5	-	-	155	
Runde	3.47	20:01	5:46	20	5:55	164	6:30	3.97	21:25	5:23	5	-	-	155	
Runde	3.47	21:44	6:15	28	7:05	206	7:30	7.44	43:09	5:47	5	-	-	153	
Runde	3.47	21:17	6:08	28	6:31	184	18:08	10.91	1:04:26	5:54	5	-	-	125	
Runde	3.47	22:06	6:22	27	7:09	191	7:45	14.38	1:26:32	6:01	5	-	-	150	
Runde	3.47	21:57	6:19	27	7:02	179	7:32	17.85	1:48:29	6:04	5	-	-	149	14:27
Runde	3.47	21:46	6:16	25	6:48	156	7:11	21.32	2:10:15	6:06	5	-	-	148	43:07
Runde	3.47	22:27	6:28	21	7:55	144	7:55	24.79	2:32:42	6:09	5	-	-	148	50:39
Runde	3.47	23:00	6:37	20	8:35	138	8:35	28.26	2:55:42	6:13	5	-	-	143	58:25
Runde	3.47	23:33	6:47	19	8:34	128	8:34	31.73	3:19:15	6:16	5	-	-	141	1:05:44
Runde	3.47	24:13	6:58	14	8:46	127	8:46	35.20	3:43:28	6:20	5	-	-	137	1:09:18
Runde	3.47	23:35	6:47	11	7:21	84	7:43	38.67	4:07:03	6:23	5	-	-	136	1:21:55
Ziel	3.47	22:21	6:26	8	6:08	79	6:45	42.18	4:29:24	6:23	21	1:28:03	135	1:28:03	