



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Schön, Christian

□□: Lebensfitness e.V.

□□: 283

□□: 42.18 km

Marathon

□□□□:

Männer M45

□□□: 4:29:40

□□: 9.34 km/h

□□□□: 6:23 min/km

□□□□□/□□□□: 146 (of 305)

□□□□□/□: 137 (of 271)

□□□□□□: 3:01:21

□□□□□: 31(of 57)

□□□□□□□: 3:07:03

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50 | 1:47 | 3:34 | 20 | 0:38 | 94 | 0:38 | 0.50 | 1:47 | 3:34 | 9 | - | 56 | |
| Runde | 3.47 | 17:54 | 5:09 | 21 | 4:23 | 74 | 4:23 | 3.97 | 19:41 | 4:57 | 9 | - | 157 | |
| Runde | 3.47 | 17:58 | 5:10 | 17 | 3:42 | 64 | 3:44 | 7.44 | 37:39 | 5:03 | 8 | - | 155 | |
| Runde | 3.47 | 18:15 | 5:15 | 20 | 15:06 | 67 | 15:06 | 10.91 | 55:54 | 5:07 | 8 | - | 154 | |
| Runde | 3.47 | 18:39 | 5:22 | 20 | 3:47 | 73 | 4:18 | 14.38 | 1:14:33 | 5:11 | 8 | - | 152 | |
| Runde | 3.47 | 19:00 | 5:28 | 18 | 4:12 | 71 | 4:35 | 17.85 | 1:33:33 | 5:14 | 8 | - | 151 | |
| Runde | 3.47 | 20:08 | 5:48 | 21 | 5:12 | 95 | 5:33 | 21.32 | 1:53:41 | 5:19 | 8 | - | 150 | 26:33 |
| Runde | 3.47 | 20:49 | 5:59 | 20 | 5:39 | 84 | 6:17 | 24.79 | 2:14:30 | 5:25 | 8 | - | 150 | 32:27 |
| Runde | 3.47 | 22:15 | 6:24 | 28 | 6:25 | 113 | 7:50 | 28.26 | 2:36:45 | 5:32 | 6 | - | 145 | 39:28 |
| Runde | 3.47 | 23:58 | 6:54 | 32 | 7:44 | 139 | 8:59 | 31.73 | 3:00:43 | 5:41 | 6 | - | 143 | 47:12 |
| Runde | 3.47 | 26:00 | 7:29 | 37 | 9:18 | 174 | 10:33 | 35.20 | 3:26:43 | 5:52 | 6 | - | 139 | 52:33 |
| Runde | 3.47 | 31:09 | 8:58 | 47 | 13:52 | 234 | 15:17 | 38.67 | 3:57:52 | 6:09 | 6 | - | 138 | 1:12:44 |
| Ziel | 3.47 | 31:48 | 9:09 | 45 | 14:23 | 229 | 16:12 | 42.18 | 4:29:40 | 6:23 | 31 | 1:22:37 | 137 | 1:28:19 |