



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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**Behrend, Ralf**

□□: LSV Basel

□□: 18

□□: 42.18 km

Marathon

□□□□:

Männer M50

□□□: 4:30:28

□□: 9.32 km/h

□□□□: 6:25 min/km

□□□□□/□□□: 149 (of 305)

□□□□□/□: 139 (of 271)

□□□□□□: 3:01:21

□□□□□: 18(of 47)

□□□□□□□: 3:13:15

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□□□	□□ km	□□ □□	□□ min/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	18:23	5:17	9	3:17	88	4:52	3.97	20:35	5:11	46	0:03	9	
Runde	3.47	17:38	5:04	6	2:48	53	3:24	7.44	38:13	5:08	44		158	
Runde	3.47	18:09	5:13	6	3:12	64	15:00	10.91	56:22	5:09	44		157	
Runde	3.47	18:52	5:26	7	3:45	82	4:31	14.38	1:15:14	5:13	43		155	
Runde	3.47	19:14	5:32	8	3:46	79	4:49	17.85	1:34:28	5:17	43		154	0:26
Runde	3.47	19:30	5:37	7	4:04	68	4:55	21.32	1:53:58	5:20	43		153	26:50
Runde	3.47	21:38	6:14	15	6:11	115	7:06	24.79	2:15:36	5:28	43		153	33:33
Runde	3.47	22:42	6:32	21	6:47	129	8:17	28.26	2:38:18	5:36	41		148	41:01
Runde	3.47	24:33	7:04	28	8:10	162	9:34	31.73	3:02:51	5:45	40		146	49:20
Runde	3.47	33:21	9:36	43	16:21	245	17:54	35.20	3:36:12	6:08	40		142	1:02:02
Runde	3.47	27:50	8:01	34	10:04	193	11:58	38.67	4:04:02	6:18	40		141	1:18:54
Ziel	3.47	26:26	7:37	35	7:57	171	10:50	42.18	4:30:28	6:24	18	1:17:13	139	1:29:07