



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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**Bechler, Ralf**

□□: Rennsteiglaufverein  
 □□: 44

□□: 21.34 km  
 Halbmarathon

□□□□:  
 Männer M45

□□□: 2:14:23

□□: 9.38 km/h  
 □□□□: 6:18 min/km

□□□□□/□□□□: 14 (of 44)

□□□□□/□: 14 (of 34)

□□□□□□: 1:33:28

□□□□□: 7(of 12)

□□□□□□□: 1:33:28

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| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50     | 2:19     | 4:38         | 9       | 1:10    | 21      | 1:10    | 0.50  | 2:19      | 4:38          | 7       | 1:10    | 31      | 0:40    |
| Runde | 3.47     | 21:59    | 6:20         | 10      | 7:58    | 26      | 7:58    | 3.97  | 24:18     | 6:07          | 7       | 9:08    | 31      | 5:04    |
| Runde | 3.47     | 20:19    | 5:51         | 6       | 5:48    | 12      | 5:48    | 7.44  | 44:37     | 5:59          | 7       | 14:56   | 31      | 6:48    |
| Runde | 3.47     | 20:25    | 5:53         | 4       | 5:43    | 11      | 5:43    | 10.91 | 1:05:02   | 5:57          | 7       | 20:07   | 31      | 7:51    |
| Runde | 3.47     | 21:54    | 6:18         | 5       | 7:14    | 12      | 7:14    | 14.38 | 1:26:56   | 6:02          | 7       | 26:20   | 31      | 10:04   |
| Runde | 3.47     | 23:00    | 6:37         | 6       | 7:44    | 14      | 7:44    | 17.85 | 1:49:56   | 6:09          | 7       | 33:10   | 31      | 11:51   |
| Ziel  | 3.47     | 24:27    | 7:02         | 6       | 8:37    | 15      | 8:37    | 21.34 | 2:14:23   | 6:17          | 7       | 40:55   | 14      | 40:55   |