



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Nielsen, John

□□□: 4:33:08

□□: Hillbillies

□□: 9.23 km/h

□□: 322

□□□□: 6:28 min/km

□□: 42.18 km

□□□□□/□□□: 161 (of 305)

Marathon

□□□□□/□: 151 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 33(of 57)

Männer M45

□□□□□□□: 3:07:03

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	1:46	3:31	18	0:37	90	0:37	0.50	1:46	3:31	11		106	
Runde	3.47	18:56	5:27	29	5:25	113	5:25	3.97	20:42	5:12	11		171	
Runde	3.47	20:31	5:54	39	6:15	166	6:17	7.44	41:13	5:32	10	0:53	169	
Runde	3.47	20:55	6:01	41	17:46	171	17:46	10.91	1:02:08	5:41	10	2:33	168	
Runde	3.47	20:03	5:46	27	5:11	115	5:42	14.38	1:22:11	5:42	10	2:55	166	
Runde	3.47	20:36	5:56	28	5:48	126	6:11	17.85	1:42:47	5:45	10	2:54	165	8:45
Runde	3.47	21:07	6:05	30	6:11	129	6:32	21.32	2:03:54	5:48	10	2:26	164	36:46
Runde	3.47	22:43	6:32	35	7:33	160	8:11	24.79	2:26:37	5:54	10	1:58	164	44:34
Runde	3.47	23:35	6:47	34	7:45	160	9:10	28.26	2:50:12	6:01	8		159	52:55
Runde	3.47	23:51	6:52	31	7:37	130	8:52	31.73	3:14:03	6:06	8		157	1:00:32
Runde	3.47	24:51	7:09	31	8:09	140	9:24	35.20	3:38:54	6:13	8		153	1:04:44
Runde	3.47	26:43	7:41	34	9:26	170	10:51	38.67	4:05:37	6:21	8		137	1:20:29
Ziel	3.47	27:31	7:55	34	10:06	186	11:55	42.18	4:33:08	6:28	33	1:26:05	151	1:31:47