



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Bothe, Sebastian

□□□: 4:34:15

□□: Gräfenhainichen

□□: 9.19 km/h

□□: 243

□□□□: 6:30 min/km

□□: 42.18 km

□□□□□/□□□: 166 (of 305)

Marathon

□□□□□/□: 155 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 15(of 23)

Männer M20

□□□□□□□: 3:15:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:09	4:17	17	1:00	174	1:00	0.50	2:09	4:17	7	0:32	100	
Runde	3.47	21:19	6:08	18	7:40	210	7:48	3.97	23:28	5:54	7	2:33	162	
Runde	3.47	20:44	5:58	17	6:28	174	6:30	7.44	44:12	5:56	7	2:54	173	
Runde	3.47	21:00	6:03	18	6:43	176	17:51	10.91	1:05:12	5:58	7	4:12	172	
Runde	3.47	21:46	6:16	17	7:21	178	7:25	14.38	1:26:58	6:02	7	5:42	170	
Runde	3.47	21:19	6:08	17	6:54	160	6:54	17.85	1:48:17	6:03	7	7:00	169	14:15
Runde	3.47	21:04	6:04	17	6:29	127	6:29	21.32	2:09:21	6:04	7	7:58	168	42:13
Runde	3.47	21:57	6:19	15	7:02	128	7:25	24.79	2:31:18	6:06	7	9:50	168	49:15
Runde	3.47	23:01	6:37	17	7:47	140	8:36	28.26	2:54:19	6:10	7	13:04	163	57:02
Runde	3.47	23:14	6:41	14	7:00	119	8:15	31.73	3:17:33	6:13	7	13:34	161	1:04:02
Runde	3.47	25:01	7:12	14	7:20	146	9:34	35.20	3:42:34	6:19	7	8:21	156	1:08:24
Runde	3.47	26:45	7:42	14	8:22	173	10:53	38.67	4:09:19	6:26	7	11:23	155	1:24:11
Ziel	3.47	24:56	7:11	13	8:49	133	9:20	42.18	4:34:15	6:30	15	1:18:53	155	1:32:54