



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Dudek, Jörg

□□: Herne
□□: 400

□□: 42.18 km
Marathon

□□□□:
Männer M45

□□□: 4:34:50

□□: 9.17 km/h
□□□□: 6:31 min/km

□□□□□/□□□□: 168 (of 305)

□□□□□/□: 157 (of 271)

□□□□□□: 3:01:21

□□□□□: 34(of 57)

□□□□□□□: 3:07:03

□□□□

□□□□

□□□

| □□□ | □□ 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 | 17:31 | 5:02 | 17 | 4:00 | 60 | 4:00 | 3.97 | 19:17 | 4:51 | 12 | - | 70 | |
| Runde | 3.47 | 18:25 | 5:18 | 21 | 4:09 | 83 | 4:11 | 7.44 | 37:42 | 5:04 | 11 | - | 176 | |
| Runde | 3.47 | 19:18 | 5:33 | 26 | 16:09 | 99 | 16:09 | 10.91 | 57:00 | 5:13 | 11 | - | 175 | |
| Runde | 3.47 | 18:47 | 5:24 | 21 | 3:55 | 77 | 4:26 | 14.38 | 1:15:47 | 5:16 | 11 | - | 173 | |
| Runde | 3.47 | 19:33 | 5:38 | 21 | 4:45 | 89 | 5:08 | 17.85 | 1:35:20 | 5:20 | 11 | - | 172 | 1:18 |
| Runde | 3.47 | 20:39 | 5:57 | 25 | 5:43 | 113 | 6:04 | 21.32 | 1:55:59 | 5:26 | 11 | - | 171 | 28:51 |
| Runde | 3.47 | 22:52 | 6:35 | 36 | 7:42 | 170 | 8:20 | 24.79 | 2:18:51 | 5:36 | 11 | - | 171 | 36:48 |
| Runde | 3.47 | 22:53 | 6:35 | 31 | 7:03 | 136 | 8:28 | 28.26 | 2:41:44 | 5:43 | 9 | - | 166 | 44:27 |
| Runde | 3.47 | 25:34 | 7:22 | 37 | 9:20 | 192 | 10:35 | 31.73 | 3:07:18 | 5:54 | 9 | - | 164 | 53:47 |
| Runde | 3.47 | 27:45 | 7:59 | 41 | 11:03 | 197 | 12:18 | 35.20 | 3:35:03 | 6:06 | 5 | - | 123 | 1:00:53 |
| Runde | 3.47 | 30:06 | 8:40 | 44 | 12:49 | 223 | 14:14 | 38.67 | 4:05:09 | 6:20 | 9 | - | 158 | 1:20:01 |
| Ziel | 3.47 | 29:41 | 8:33 | 42 | 12:16 | 213 | 14:05 | 42.18 | 4:34:50 | 6:30 | 34 | 1:27:47 | 157 | 1:33:29 |