



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Seidl, Dirk

□□: Kronberg

□□: 196

□□: 42.18 km

Marathon

□□□□:

Männer M40

□□□: 4:35:11

□□: 9.16 km/h

□□□□: 6:31 min/km

□□□□□/□□□: 173 (of 305)

□□□□□/□: 161 (of 271)

□□□□□□: 3:01:21

□□□□□: 32(of 54)

□□□□□□□: 3:11:42

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:02	4:03	30	0:53	147	0:53	0.50	2:02	4:03	8	0:18	182		
Runde	3.47	21:31	6:12	47	7:26	214	8:00	3.97	23:33	5:55	8	0:49	182		
Runde	3.47	21:49	6:17	42	7:24	213	7:35	7.44	45:22	6:05	8	0:20	180	0:48	
Runde	3.47	22:24	6:27	43	7:54	217	19:15	10.91	1:07:46	6:12	8		179		
Runde	3.47	23:28	6:45	47	9:07	230	9:07	14.38	1:31:14	6:20	7		177		
Runde	3.47	25:05	7:13	46	10:16	243	10:40	17.85	1:56:19	6:30	7	0:35	176	22:17	
Runde	3.47	23:30	6:46	42	8:30	206	8:55	21.32	2:19:49	6:33	7	0:42	175	52:41	
Runde	3.47	22:01	6:20	27	6:15	130	7:29	24.79	2:41:50	6:31	7		175	59:47	
Runde	3.47	20:50	6:00	14	4:17	68	6:25	28.26	3:02:40	6:27	7		170	1:05:23	
Runde	3.47	22:02	6:20	16	4:32	81	7:03	31.73	3:24:42	6:27	7		168	1:11:11	
Runde	3.47	23:09	6:40	16	5:16	90	7:42	35.20	3:47:51	6:28	7		163	1:13:41	
Runde	3.47	23:13	6:41	12	5:38	79	7:21	38.67	4:11:04	6:29	7		162	1:25:56	
Ziel	3.47	24:07	6:57	18	7:11	114	8:31	42.18	4:35:11	6:31	32	1:23:29	161	1:33:50	