



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Gerbach, Ronny

□□□: 4:36:25

□□: sc impuls erfurt e.V.

□□: 9.12 km/h

□□: 372

□□□□: 6:33 min/km

□□: 42.18 km

□□□□□/□□□: 175 (of 305)

Marathon

□□□□□/□: 163 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 25(of 34)

Männer M30

□□□□□□□: 3:01:21

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	1:24	2:47	5	0:14	34	0:15	0.50	1:24	2:47	5	-	-	155
Runde	3.47	20:01	5:46	20	5:55	164	6:30	3.97	21:25	5:23	5	-	-	155
Runde	3.47	21:44	6:15	28	7:05	206	7:30	7.44	43:09	5:47	5	-	-	153
Runde	3.47	21:17	6:08	28	6:31	184	18:08	10.91	1:04:26	5:54	5	-	-	125
Runde	3.47	22:06	6:22	27	7:09	191	7:45	14.38	1:26:32	6:01	5	-	-	150
Runde	3.47	21:57	6:19	27	7:02	179	7:32	17.85	1:48:29	6:04	5	-	-	149 14:27
Runde	3.47	21:45	6:16	24	6:47	151	7:10	21.32	2:10:14	6:06	9	-	-	177 43:06
Runde	3.47	22:28	6:28	22	7:56	147	7:56	24.79	2:32:42	6:09	5	-	-	148 50:39
Runde	3.47	23:00	6:37	20	8:35	138	8:35	28.26	2:55:42	6:13	5	-	-	143 58:25
Runde	3.47	23:33	6:47	19	8:34	128	8:34	31.73	3:19:15	6:16	5	-	-	141 1:05:44
Runde	3.47	24:13	6:58	14	8:46	127	8:46	35.20	3:43:28	6:20	5	-	-	137 1:09:18
Runde	3.47	26:15	7:33	23	10:01	159	10:23	38.67	4:09:43	6:27	9	-	-	164 1:24:35
Ziel	3.47	26:42	7:41	22	10:29	174	11:06	42.18	4:36:25	6:33	25	1:35:04	163	1:35:04