



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Modry, Markus

□□□: 4:37:23

□□: Schmitten

□□: 9.08 km/h

□□: 160

□□□□: 6:35 min/km

□□: 42.18 km

□□□□□/□□□: 178 (of 305)

Marathon

□□□□□/□: 166 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 36(of 57)

Männer M45

□□□□□□□: 3:07:03

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	2:38	5:15	54	1:29	257	1:29	0.50	2:38	5:15	14	0:25	187	0:07
Runde	3.47	21:59	6:20	53	8:28	231	8:28	3.97	24:37	6:12	14	2:56	187	
Runde	3.47	21:27	6:10	47	7:11	199	7:13	7.44	46:04	6:11	13	5:44	185	1:30
Runde	3.47	22:27	6:28	48	19:18	220	19:18	10.91	1:08:31	6:16	13	8:56	184	0:37
Runde	3.47	23:13	6:41	46	8:21	220	8:52	14.38	1:31:44	6:22	13	12:28	182	
Runde	3.47	22:16	6:25	40	7:28	192	7:51	17.85	1:54:00	6:23	13	14:07	181	19:58
Runde	3.47	22:34	6:30	39	7:38	185	7:59	21.32	2:16:34	6:24	13	15:06	180	49:26
Runde	3.47	22:53	6:35	37	7:43	172	8:21	24.79	2:39:27	6:25	13	14:48	180	57:24
Runde	3.47	22:44	6:33	29	6:54	130	8:19	28.26	3:02:11	6:26	11	0:41	175	1:04:54
Runde	3.47	23:18	6:42	27	7:04	120	8:19	31.73	3:25:29	6:28	11		173	1:11:58
Runde	3.47	23:35	6:47	24	6:53	108	8:08	35.20	3:49:04	6:30	11		168	1:14:54
Runde	3.47	25:00	7:12	26	7:43	123	9:08	38.67	4:14:04	6:34	11		167	1:28:56
Ziel	3.47	23:19	6:43	20	5:54	97	7:43	42.18	4:37:23	6:34	36	1:30:20	166	1:36:02