



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Elbrecht, Heinz

□□□: 4:38:41

□□: Hillhunter-Hessen

□□: 9.08 km/h

□□: 124

□□□□: 6:37 min/km

□□: 42.18 km

□□□□□/□□□: 181 (of 305)

Marathon

□□□□□/□: 168 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 27(of 47)

Männer M50

□□□□□□□: 3:13:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:27	4:54	35	1:16	226	1:18	0.50	2:27	4:54	8	0:29	189		
Runde	3.47	22:19	6:25	42	7:13	237	8:48	3.97	24:46	6:14	8	4:14	189		
Runde	3.47	22:41	6:32	43	7:51	236	8:27	7.44	47:27	6:22	7	6:23	187	2:53	
Runde	3.47	22:27	6:28	40	7:30	220	19:18	10.91	1:09:54	6:24	7	7:27	186	2:00	
Runde	3.47	22:19	6:25	33	7:12	200	7:58	14.38	1:32:13	6:24	7	7:33	184		
Runde	3.47	22:04	6:21	26	6:36	182	7:39	17.85	1:54:17	6:24	7	6:58	183	20:15	
Runde	3.47	21:59	6:20	20	6:33	163	7:24	21.32	2:16:16	6:23	7	5:19	182	49:08	
Runde	3.47	23:14	6:41	28	7:47	185	8:42	24.79	2:39:30	6:26	7	4:28	182	57:27	
Runde	3.47	23:14	6:41	22	7:19	146	8:49	28.26	3:02:44	6:27	6	2:15	177	1:05:27	
Runde	3.47	23:31	6:46	20	7:08	127	8:32	31.73	3:26:15	6:30	6	0:22	175	1:12:44	
Runde	3.47	25:07	7:14	25	8:07	152	9:40	35.20	3:51:22	6:34	6		170	1:17:12	
Runde	3.47	24:36	7:05	22	6:50	114	8:44	38.67	4:15:58	6:37	6		169	1:30:50	
Ziel	3.47	22:43	6:32	18	4:14	86	7:07	42.18	4:38:41	6:36	27	1:25:26	168	1:37:20	