



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Zimmermann, Jörg

□□□: 4:39:10

□□: Halberstadt

□□: 9.03 km/h

□□: 1

□□□□: 6:37 min/km

□□: 42.18 km

□□□□□/□□□: 183 (of 305)

Marathon

□□□□□/□: 170 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 34(of 54)

Männer M40

□□□□□□□: 3:11:42

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:47	3:34	19	0:38	94	0:38	0.50	1:47	3:34	10	0:03	56		
Runde	3.47	19:55	5:44	36	5:50	157	6:24	3.97	21:42	5:27	10		191		
Runde	3.47	21:49	6:17	42	7:24	213	7:35	7.44	43:31	5:50	10		189		
Runde	3.47	21:27	6:10	37	6:57	191	18:18	10.91	1:04:58	5:57	10		188		
Runde	3.47	22:00	6:20	38	7:39	188	7:39	14.38	1:26:58	6:02	9		170		
Runde	3.47	23:07	6:39	40	8:18	214	8:42	17.85	1:50:05	6:10	9		185	16:03	
Runde	3.47	23:17	6:42	39	8:17	198	8:42	21.32	2:13:22	6:15	9		184	46:14	
Runde	3.47	23:12	6:41	37	7:26	183	8:40	24.79	2:36:34	6:18	9		184	54:31	
Runde	3.47	24:23	7:01	38	7:50	190	9:58	28.26	3:00:57	6:24	9		179	1:03:40	
Runde	3.47	24:12	6:58	25	6:42	147	9:13	31.73	3:25:09	6:27	9		177	1:11:38	
Runde	3.47	24:55	7:10	28	7:02	144	9:28	35.20	3:50:04	6:32	9		172	1:15:54	
Runde	3.47	25:41	7:24	26	8:06	144	9:49	38.67	4:15:45	6:36	9		171	1:30:37	
Ziel	3.47	23:25	6:44	14	6:29	100	7:49	42.18	4:39:10	6:37	34	1:27:28	170	1:37:49	