



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Hofmann, Norbert

□□□: 4:40:35

□□: VFL Jesteburg

□□: 8.98 km/h

□□: 244

□□□□: 6:39 min/km

□□: 42.18 km

□□□□□/□□□: 187 (of 305)

Marathon

□□□□□/□: 172 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 29(of 47)

Männer M50

□□□□□□□: 3:13:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:40	3:20	7	0:29	65	0:31	0.50	1:40	3:20	10			5	
Runde	3.47	20:23	5:52	25	5:17	180	6:52	3.97	22:03	5:33	10	1:31		193	
Runde	3.47	21:13	6:06	28	6:23	192	6:59	7.44	43:16	5:48	9	2:12		191	
Runde	3.47	21:39	6:14	30	6:42	201	18:30	10.91	1:04:55	5:57	9	2:28		190	
Runde	3.47	22:16	6:25	32	7:09	197	7:55	14.38	1:27:11	6:03	9	2:31		188	
Runde	3.47	22:24	6:27	32	6:56	195	7:59	17.85	1:49:35	6:08	9	2:16		187	15:33
Runde	3.47	22:15	6:24	23	6:49	172	7:40	21.32	2:11:50	6:11	9	0:53		186	44:42
Runde	3.47	23:07	6:39	27	7:40	180	8:35	24.79	2:34:57	6:15	9			186	52:54
Runde	3.47	23:43	6:50	26	7:48	167	9:18	28.26	2:58:40	6:19	8			181	1:01:23
Runde	3.47	24:39	7:06	29	8:16	163	9:40	31.73	3:23:19	6:24	8			179	1:09:48
Runde	3.47	25:58	7:28	29	8:58	172	10:31	35.20	3:49:17	6:30	8			174	1:15:07
Runde	3.47	25:56	7:28	27	8:10	152	10:04	38.67	4:15:13	6:35	8			173	1:30:05
Ziel	3.47	25:22	7:18	30	6:53	153	9:46	42.18	4:40:35	6:39	29	1:27:20		172	1:39:14