



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Watzke, Horst

□□□: 4:41:25

□□: Berlin

□□: 8.95 km/h

□□: 368

□□□□: 6:40 min/km

□□: 42.18 km

□□□□□/□□□: 190 (of 305)

Marathon

□□□□□/□: 175 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 30(of 47)

Männer M50

□□□□□□□: 3:13:15

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□□□□

□□□

| □□□   | □□   | □□    | □□     | □□ | □□   | □□  | □□    | □□□   | □□□     | □□□    | □□ | □□      | □□  | □□      |
|-------|------|-------|--------|----|------|-----|-------|-------|---------|--------|----|---------|-----|---------|
|       | km   | □□    | min/km | -  | -    | □   | □     | km    | □□      | min/km | -  | -       | □   | □       |
| Runde | 0.50 | 1:39  | 3:17   | 6  | 0:28 | 61  | 0:30  | 0.50  | 1:39    | 3:17   | 11 |         | 69  |         |
| Runde | 3.47 | 20:22 | 5:52   | 24 | 5:16 | 179 | 6:51  | 3.97  | 22:01   | 5:32   | 11 | 1:29    | 104 |         |
| Runde | 3.47 | 21:31 | 6:12   | 32 | 6:41 | 201 | 7:17  | 7.44  | 43:32   | 5:51   | 10 | 2:28    | 194 |         |
| Runde | 3.47 | 21:09 | 6:05   | 26 | 6:12 | 179 | 18:00 | 10.91 | 1:04:41 | 5:55   | 10 | 2:14    | 193 |         |
| Runde | 3.47 | 22:40 | 6:31   | 37 | 7:33 | 211 | 8:19  | 14.38 | 1:27:21 | 6:04   | 10 | 2:41    | 191 |         |
| Runde | 3.47 | 22:14 | 6:24   | 31 | 6:46 | 191 | 7:49  | 17.85 | 1:49:35 | 6:08   | 9  | 2:16    | 187 | 15:33   |
| Runde | 3.47 | 22:33 | 6:29   | 28 | 7:07 | 184 | 7:58  | 21.32 | 2:12:08 | 6:11   | 10 | 1:11    | 189 | 45:00   |
| Runde | 3.47 | 23:21 | 6:43   | 29 | 7:54 | 187 | 8:49  | 24.79 | 2:35:29 | 6:16   | 10 | 0:27    | 189 | 53:26   |
| Runde | 3.47 | 24:14 | 6:59   | 30 | 8:19 | 184 | 9:49  | 28.26 | 2:59:43 | 6:21   | 9  |         | 184 | 1:02:26 |
| Runde | 3.47 | 24:54 | 7:10   | 31 | 8:31 | 174 | 9:55  | 31.73 | 3:24:37 | 6:26   | 9  |         | 182 | 1:11:06 |
| Runde | 3.47 | 26:04 | 7:30   | 32 | 9:04 | 176 | 10:37 | 35.20 | 3:50:41 | 6:33   | 9  |         | 177 | 1:16:31 |
| Runde | 3.47 | 25:28 | 7:20   | 25 | 7:42 | 139 | 9:36  | 38.67 | 4:16:09 | 6:37   | 9  |         | 176 | 1:31:01 |
| Ziel  | 3.47 | 25:16 | 7:16   | 29 | 6:47 | 148 | 9:40  | 42.18 | 4:41:25 | 6:40   | 30 | 1:28:10 | 175 | 1:40:04 |