



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Manteufel, Volker

□□□: 4:43:03

□□: Erfurt

□□: 8.90 km/h

□□: 104

□□□□: 6:43 min/km

□□: 42.18 km

□□□□□/□□□: 195 (of 305)

Marathon

□□□□□/□: 180 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 27(of 34)

Männer M30

□□□□□□□: 3:01:21

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	2:25	4:49	32	1:15	222	1:16	0.50	2:25	4:49	11	-	-	147
Runde	3.47	21:10	6:05	27	7:04	205	7:39	3.97	23:35	5:56	11	-	-	201
Runde	3.47	20:43	5:58	24	6:04	173	6:29	7.44	44:18	5:57	11	-	-	199
Runde	3.47	21:16	6:07	27	6:30	182	18:07	10.91	1:05:34	6:00	11	-	-	198
Runde	3.47	23:30	6:46	32	8:33	232	9:09	14.38	1:29:04	6:11	11	1:04	-	196
Runde	3.47	21:48	6:16	26	6:53	172	7:23	17.85	1:50:52	6:12	11	0:44	-	161 16:50
Runde	3.47	22:32	6:29	28	7:34	182	7:57	21.32	2:13:24	6:15	11	1:17	-	160 46:16
Runde	3.47	23:23	6:44	29	8:51	190	8:51	24.79	2:36:47	6:19	11	2:52	-	160 54:44
Runde	3.47	23:34	6:47	25	9:09	159	9:09	28.26	3:00:21	6:22	11	3:01	-	189 1:03:04
Runde	3.47	23:57	6:54	22	8:58	136	8:58	31.73	3:24:18	6:26	11	0:34	-	187 1:10:47
Runde	3.47	25:00	7:12	20	9:33	145	9:33	35.20	3:49:18	6:30	11	-	-	182 1:15:08
Runde	3.47	28:07	8:06	30	11:53	197	12:15	38.67	4:17:25	6:39	11	1:49	-	181 1:32:17
Ziel	3.47	25:38	7:23	18	9:25	158	10:02	42.18	4:43:03	6:42	27	1:41:42	-	180 1:41:42