



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Oppenhäuser, Andreas

□□□: 4:43:29

□□: Nordhausen

□□: 8.89 km/h

□□: 91

□□□□: 6:43 min/km

□□: 42.18 km

□□□□□/□□□: 197 (of 305)

Marathon

□□□□□/□: 182 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 33(of 47)

Männer M50

□□□□□□□: 3:13:15

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	1:49	3:38	12	0:38	101	0:40	0.50	1:49	3:38	14	-	93	
Runde	3.47	18:48	5:25	14	3:42	107	5:17	3.97	20:37	5:11	14	0:05	203	
Runde	3.47	20:27	5:53	21	5:37	162	6:13	7.44	41:04	5:31	1	-	201	
Runde	3.47	21:23	6:09	29	6:26	190	18:14	10.91	1:02:27	5:43	1	-	200	
Runde	3.47	22:13	6:24	30	7:06	194	7:52	14.38	1:24:40	5:53	1	-	198	
Runde	3.47	22:39	6:31	36	7:11	204	8:14	17.85	1:47:19	6:00	1	-	197	13:17
Runde	3.47	23:38	6:48	37	8:12	210	9:03	21.32	2:10:57	6:08	1	-	196	43:49
Runde	3.47	24:05	6:56	35	8:38	209	9:33	24.79	2:35:02	6:15	1	-	196	52:59
Runde	3.47	25:27	7:20	37	9:32	208	11:02	28.26	3:00:29	6:23	1	-	191	1:03:12
Runde	3.47	25:24	7:19	34	9:01	184	10:25	31.73	3:25:53	6:29	1	-	189	1:12:22
Runde	3.47	26:24	7:36	33	9:24	181	10:57	35.20	3:52:17	6:35	1	-	184	1:18:07
Runde	3.47	26:03	7:30	29	8:17	156	10:11	38.67	4:18:20	6:40	1	-	183	1:33:12
Ziel	3.47	25:09	7:14	28	6:40	141	9:33	42.18	4:43:29	6:43	33	1:30:14	182	1:42:08