



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Baars, Olaf

□□□: 4:44:29

□□: WKF Bergfried 91 Dresden

□□: 8.86 km/h

□□: 90

□□□□: 6:44 min/km

□□: 42.18 km

□□□□□/□□□: 198 (of 305)

Marathon

□□□□□/□: 183 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 39(of 57)

Männer M45

□□□□□□□: 3:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:03	4:05	35	0:54	149	0:54	0.50	2:03	4:05	17		10	
Runde	3.47	18:54	5:26	28	5:23	111	5:23	3.97	20:57	5:16	17		204	
Runde	3.47	19:51	5:43	32	5:35	132	5:37	7.44	40:48	5:29	16	0:28	202	
Runde	3.47	21:36	6:13	46	18:27	196	18:27	10.91	1:02:24	5:43	16	2:49	201	
Runde	3.47	21:46	6:16	38	6:54	178	7:25	14.38	1:24:10	5:51	16	4:54	199	
Runde	3.47	22:41	6:32	43	7:53	207	8:16	17.85	1:46:51	5:59	16	6:58	198	12:49
Runde	3.47	23:55	6:53	47	8:59	218	9:20	21.32	2:10:46	6:08	16	9:18	197	43:38
Runde	3.47	25:04	7:13	45	9:54	217	10:32	24.79	2:35:50	6:17	16	11:11	197	53:47
Runde	3.47	25:40	7:23	44	9:50	212	11:15	28.26	3:01:30	6:25	1	-	192	1:04:13
Runde	3.47	25:58	7:28	39	9:44	195	10:59	31.73	3:27:28	6:32	1	-	190	1:13:57
Runde	3.47	25:48	7:26	35	9:06	165	10:21	35.20	3:53:16	6:37	1	-	185	1:19:06
Runde	3.47	25:53	7:27	31	8:36	151	10:01	38.67	4:19:09	6:42	1	-	184	1:34:01
Ziel	3.47	25:20	7:18	32	7:55	152	9:44	42.18	4:44:29	6:44	39	1:37:26	183	1:43:08