



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Weidemann, Michael

□□□: 4:45:39

□□: Königsteiner Volleyballgemeinschaft

□□: 8.82 km/h

□□: 210

□□□□: 6:46 min/km

□□: 42.18 km

□□□□□/□□□: 200 (of 305)

Marathon

□□□□□/□: 185 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 41(of 57)

Männer M45

□□□□□□□: 3:07:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:55	3:50	27	0:46	122	0:46	0.50	1:55	3:50	19		22	
Runde	3.47	19:48	5:42	37	6:17	146	6:17	3.97	21:43	5:28	19	0:02	137	
Runde	3.47	20:15	5:50	36	5:59	152	6:01	7.44	41:58	5:38	18	1:38	135	
Runde	3.47	20:59	6:02	42	17:50	174	17:50	10.91	1:02:57	5:46	18	3:22	203	
Runde	3.47	22:27	6:28	44	7:35	202	8:06	14.38	1:25:24	5:56	18	6:08	201	
Runde	3.47	21:56	6:19	38	7:08	178	7:31	17.85	1:47:20	6:00	18	7:27	200	13:18
Runde	3.47	22:16	6:25	37	7:20	174	7:41	21.32	2:09:36	6:04	18	8:08	199	42:28
Runde	3.47	23:02	6:38	38	7:52	177	8:30	24.79	2:32:38	6:09	18	7:59	199	50:35
Runde	3.47	24:13	6:58	39	8:23	182	9:48	28.26	2:56:51	6:15	16		194	59:34
Runde	3.47	25:49	7:26	38	9:35	193	10:50	31.73	3:22:40	6:23	16		192	1:09:09
Runde	3.47	27:08	7:49	40	10:26	193	11:41	35.20	3:49:48	6:31	16		187	1:15:38
Runde	3.47	27:59	8:03	36	10:42	196	12:07	38.67	4:17:47	6:39	16		186	1:32:39
Ziel	3.47	27:52	8:01	36	10:27	191	12:16	42.18	4:45:39	6:46	41	1:38:36	185	1:44:18