



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Krüger, Hans-J.

□□□: 4:46:07

□□: CaBas CaBaNauTeN

□□: 8.81 km/h

□□: 9

□□□□: 6:47 min/km

□□: 42.18 km

□□□□□/□□□□: 201 (of 305)

Marathon

□□□□□/□: 186 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 34(of 47)

Männer M50

□□□□□□□: 3:13:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:15	4:30	27	1:04	191	1:06	0.50	2:15	4:30	15	0:17	199		
Runde	3.47	20:45	5:58	29	5:39	193	7:14	3.97	23:00	5:47	15	2:28	207		
Runde	3.47	20:13	5:49	19	5:23	148	5:59	7.44	43:13	5:48	14	2:09	15		
Runde	3.47	20:08	5:48	15	5:11	140	16:59	10.91	1:03:21	5:48	14	0:54	204		
Runde	3.47	20:02	5:46	13	4:55	114	5:41	14.38	1:23:23	5:47	14		202		
Runde	3.47	22:13	6:24	30	6:45	190	7:48	17.85	1:45:36	5:54	14		201	11:34	
Runde	3.47	21:52	6:18	18	6:26	160	7:17	21.32	2:07:28	5:58	14		200	40:20	
Runde	3.47	22:33	6:29	20	7:06	150	8:01	24.79	2:30:01	6:03	14		200	47:58	
Runde	3.47	28:02	8:04	43	12:07	233	13:37	28.26	2:58:03	6:18	13		195	1:00:46	
Runde	3.47	27:14	7:50	38	10:51	211	12:15	31.73	3:25:17	6:28	13		193	1:11:46	
Runde	3.47	27:54	8:02	36	10:54	198	12:27	35.20	3:53:11	6:37	13	0:54	188	1:19:01	
Runde	3.47	26:34	7:39	31	8:48	164	10:42	38.67	4:19:45	6:43	13	1:25	187	1:34:37	
Ziel	3.47	26:22	7:35	34	7:53	168	10:46	42.18	4:46:07	6:46	34	1:32:52	186	1:44:46	