



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Schmidt, Sebastian

□□□: 4:46:47

□□: Pfalzläufer

□□: 8.79 km/h

□□: 123

□□□□: 6:48 min/km

□□: 42.18 km

□□□□□/□□□□: 204 (of 305)

Marathon

□□□□□/□: 189 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 28(of 34)

Männer M30

□□□□□□□: 3:01:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:00	4:00	18	0:50	135	0:51	0.50	2:00	4:00	12			81	
Runde	3.47	21:54	6:18	30	7:48	229	8:23	3.97	23:54	6:01	12			210	
Runde	3.47	23:16	6:42	33	8:37	251	9:02	7.44	47:10	6:20	12	1:59		208	2:36
Runde	3.47	23:05	6:39	31	8:19	237	19:56	10.91	1:10:15	6:26	12	3:50		156	2:21
Runde	3.47	23:23	6:44	31	8:26	229	9:02	14.38	1:33:38	6:30	12	5:38		205	
Runde	3.47	23:04	6:38	30	8:09	213	8:39	17.85	1:56:42	6:32	12	6:34		204	22:40
Runde	3.47	23:53	6:52	30	8:55	217	9:18	21.32	2:20:35	6:35	12	8:28		203	53:27
Runde	3.47	24:01	6:55	30	9:29	205	9:29	24.79	2:44:36	6:38	12	10:41		203	1:02:33
Runde	3.47	24:21	7:01	29	9:56	189	9:56	28.26	3:08:57	6:41	12	11:37		198	1:11:40
Runde	3.47	24:23	7:01	25	9:24	154	9:24	31.73	3:33:20	6:43	12	9:36		196	1:19:49
Runde	3.47	24:54	7:10	19	9:27	142	9:27	35.20	3:58:14	6:46	12	8:40		191	1:24:04
Runde	3.47	25:05	7:13	16	8:51	129	9:13	38.67	4:23:19	6:48	12	7:43		190	1:38:11
Ziel	3.47	23:28	6:45	12	7:15	102	7:52	42.18	4:46:47	6:47	28	1:45:26		189	1:45:26