



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Ruess, André

□□: TriTeam Berlin
 □□: 260

□□: 42.18 km
 Marathon

□□□□:
 Männer M50

□□□: 4:47:19

□□: 8.77 km/h
 □□□□: 6:49 min/km

□□□□□/□□□□: 206 (of 305)

□□□□□/□: 190 (of 271)

□□□□□□: 3:01:21

□□□□□: 36(of 47)

□□□□□□□: 3:13:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:59	3:58	17	0:48	132	0:50	0.50	1:59	3:58	17	0:01		9	
Runde	3.47	22:06	6:22	41	7:00	234	8:35	3.97	24:05	6:03	17	3:33		211	
Runde	3.47	21:30	6:11	31	6:40	200	7:16	7.44	45:35	6:07	16	4:31		209	1:01
Runde	3.47	21:49	6:17	32	6:52	203	18:40	10.91	1:07:24	6:10	16	4:57		208	
Runde	3.47	21:30	6:11	25	6:23	170	7:09	14.38	1:28:54	6:10	16	4:14		206	
Runde	3.47	21:20	6:08	18	5:52	161	6:55	17.85	1:50:14	6:10	16	2:55		205	16:12
Runde	3.47	22:00	6:20	21	6:34	166	7:25	21.32	2:12:14	6:12	16	1:17		204	45:06
Runde	3.47	22:55	6:36	25	7:28	173	8:23	24.79	2:35:09	6:15	16	0:07		204	53:06
Runde	3.47	24:00	6:54	29	8:05	175	9:35	28.26	2:59:09	6:20	15			199	1:01:52
Runde	3.47	25:04	7:13	32	8:41	175	10:05	31.73	3:24:13	6:26	15			197	1:10:42
Runde	3.47	27:09	7:49	35	10:09	194	11:42	35.20	3:51:22	6:34	6			170	1:17:12
Runde	3.47	29:06	8:23	40	11:20	211	13:14	38.67	4:20:28	6:44	15	2:08		191	1:35:20
Ziel	3.47	26:51	7:44	38	8:22	178	11:15	42.18	4:47:19	6:48	36	1:34:04		190	1:45:58