



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Alber, Sebastian

□□□: 4:47:25

□□: Lünen

□□: 8.81 km/h

□□: 132

□□□□: 6:49 min/km

□□: 42.18 km

□□□□□/□□□: 207 (of 305)

Marathon

□□□□□/□: 191 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 35(of 54)

Männer M40

□□□□□□□: 3:11:42

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:24	4:47	44	1:15	217	1:15	0.50	2:24	4:47	11	0:40	150		
Runde	3.47	20:53	6:01	43	6:48	195	7:22	3.97	23:17	5:51	11	0:33	212		
Runde	3.47	21:22	6:09	40	6:57	194	7:08	7.44	44:39	6:00	11		210	0:05	
Runde	3.47	22:04	6:21	41	7:34	206	18:55	10.91	1:06:43	6:06	11		209		
Runde	3.47	22:36	6:30	40	8:15	208	8:15	14.38	1:29:19	6:12	10		207		
Runde	3.47	22:32	6:29	39	7:43	198	8:07	17.85	1:51:51	6:15	10		206	17:49	
Runde	3.47	22:44	6:33	38	7:44	188	8:09	21.32	2:14:35	6:18	10		205	47:27	
Runde	3.47	23:27	6:45	40	7:41	192	8:55	24.79	2:38:02	6:22	10		205	55:59	
Runde	3.47	23:43	6:50	31	7:10	167	9:18	28.26	3:01:45	6:25	10		200	1:04:28	
Runde	3.47	25:12	7:15	34	7:42	177	10:13	31.73	3:26:57	6:31	10		198	1:13:26	
Runde	3.47	26:21	7:35	36	8:28	179	10:54	35.20	3:53:18	6:37	10		193	1:19:08	
Runde	3.47	27:16	7:51	38	9:41	184	11:24	38.67	4:20:34	6:44	10		192	1:35:26	
Ziel	3.47	26:51	7:44	32	9:55	178	11:15	42.18	4:47:25	6:48	35	1:35:43	191	1:46:04	