



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Müller, Frank

□□: Haag

□□: 337

□□: 42.18 km

Marathon

□□□□:

Männer M30

□□□: 4:51:16

□□: 8.65 km/h

□□□□: 6:54 min/km

□□□□□/□□□□: 219 (of 305)

□□□□□/□: 201 (of 271)

□□□□□□: 3:01:21

□□□□□: 30(of 34)

□□□□□□□: 3:01:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:21	4:42	27	1:11	204	1:12	0.50	2:21	4:42	14			205	
Runde	3.47	22:19	6:25	33	8:13	237	8:48	3.97	24:40	6:12	14	0:43		222	
Runde	3.47	22:48	6:34	32	8:09	240	8:34	7.44	47:28	6:22	14	2:17		220	2:54
Runde	3.47	23:24	6:44	32	8:38	243	20:15	10.91	1:10:52	6:29	14	4:27		19	2:58
Runde	3.47	23:18	6:42	30	8:21	222	8:57	14.38	1:34:10	6:32	14	6:10		217	
Runde	3.47	23:48	6:51	32	8:53	226	9:23	17.85	1:57:58	6:36	14	7:50		216	23:56
Runde	3.47	24:42	7:07	31	9:44	223	10:07	21.32	2:22:40	6:41	14	10:33		215	55:32
Runde	3.47	25:24	7:19	31	10:52	221	10:52	24.79	2:48:04	6:46	14	14:09		215	1:06:01
Runde	3.47	28:06	8:05	31	13:41	234	13:41	28.26	3:16:10	6:56	14	18:50		210	1:18:53
Runde	3.47	23:30	6:46	18	8:31	126	8:31	31.73	3:39:40	6:55	14	15:56		208	1:26:09
Runde	3.47	23:38	6:48	12	8:11	110	8:11	35.20	4:03:18	6:54	14	13:44		203	1:29:08
Runde	3.47	25:13	7:16	17	8:59	132	9:21	38.67	4:28:31	6:56	14	12:55		202	1:43:23
Ziel	3.47	22:45	6:33	10	6:32	89	7:09	42.18	4:51:16	6:54	30	1:49:55		201	1:49:55