



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Bütow, Jan

□□: LaufForum
□□: 67

□□: 42.18 km
Marathon

□□□□:
Männer M35

□□□: 4:52:50

□□: 8.61 km/h
□□□□: 6:56 min/km

□□□□□/□□□□: 224 (of 305)

□□□□□/□: 204 (of 271)

□□□□□□: 3:01:21

□□□□□: 25(of 32)

□□□□□□□: 3:05:20

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	2:22	4:44	23	1:13	208	1:13	0.50	2:22	4:44	3	0:22	225	
Runde	3.47	21:35	6:13	25	7:22	218	8:04	3.97	23:57	6:01	8	2:25	192	
Runde	3.47	21:09	6:05	24	6:42	189	6:55	7.44	45:06	6:03	8	3:23	2	0:32
Runde	3.47	21:19	6:08	24	6:27	186	18:10	10.91	1:06:25	6:05	8	4:39	189	
Runde	3.47	21:36	6:13	24	6:27	173	7:15	14.38	1:28:01	6:07	8	4:47	220	
Runde	3.47	22:07	6:22	24	6:43	186	7:42	17.85	1:50:08	6:10	8	5:47	186	16:06
Runde	3.47	21:45	6:16	21	6:08	151	7:10	21.32	2:11:53	6:11	8	5:47	218	44:45
Runde	3.47	22:03	6:21	17	6:33	131	7:31	24.79	2:33:56	6:12	8	4:59	218	51:53
Runde	3.47	23:24	6:44	19	7:37	151	8:59	28.26	2:57:20	6:16	8	5:09	180	1:00:03
Runde	3.47	26:28	7:37	25	10:45	200	11:29	31.73	3:23:48	6:25	8	6:45	211	1:10:17
Runde	3.47	31:58	9:12	30	16:11	240	16:31	35.20	3:55:46	6:41	8	17:36	206	1:21:36
Runde	3.47	29:17	8:26	26	13:25	212	13:25	38.67	4:25:03	6:51	8	24:26	205	1:39:55
Ziel	3.47	27:47	8:00	27	12:11	189	12:11	42.18	4:52:50	6:56	25	1:47:30	204	1:51:29