



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Seel, Alexander

□□□: 5:01:48

□□: Hypnose-Virtuose.de

□□: 8.35 km/h

□□: 275

□□□□: 7:09 min/km

□□: 42.18 km

□□□□□/□□□□: 233 (of 305)

Marathon

□□□□□/□: 212 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 43(of 54)

Männer M40

□□□□□□□: 3:11:42

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	2:01	4:01	28	0:52	142	0:52	0.50	2:01	4:01	19	0:17	52	
Runde	3.47	20:04	5:46	38	5:59	168	6:33	3.97	22:05	5:33	19		233	
Runde	3.47	20:46	5:59	38	6:21	175	6:32	7.44	42:51	5:45	19		231	
Runde	3.47	21:38	6:14	38	7:08	198	18:29	10.91	1:04:29	5:54	19		230	
Runde	3.47	22:38	6:31	41	8:17	209	8:17	14.38	1:27:07	6:03	18		228	
Runde	3.47	24:12	6:58	44	9:23	231	9:47	17.85	1:51:19	6:14	18		227	17:17
Runde	3.47	24:53	7:10	44	9:53	228	10:18	21.32	2:16:12	6:23	18		226	49:04
Runde	3.47	25:53	7:27	45	10:07	230	11:21	24.79	2:42:05	6:32	18		226	1:00:02
Runde	3.47	27:13	7:50	44	10:40	226	12:48	28.26	3:09:18	6:41	18	2:06	221	1:12:01
Runde	3.47	27:20	7:52	43	9:50	212	12:21	31.73	3:36:38	6:49	18	4:13	219	1:23:07
Runde	3.47	28:14	8:08	41	10:21	205	12:47	35.20	4:04:52	6:57	18	6:35	214	1:30:42
Runde	3.47	28:30	8:12	39	10:55	200	12:38	38.67	4:33:22	7:04	18	7:52	213	1:48:14
Ziel	3.47	28:26	8:11	39	11:30	201	12:50	42.18	5:01:48	7:09	43	1:50:06	212	2:00:27