



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Kaiser, Jörg

□□: Zossen

□□: 107

□□: 42.18 km

Marathon

□□□□:

Männer M45

□□□: 5:04:23

□□: 8.28 km/h

□□□□: 7:13 min/km

□□□□□/□□□: 236 (of 305)

□□□□□/□: 214 (of 271)

□□□□□□: 3:01:21

□□□□□: 46(of 57)

□□□□□□□: 3:07:03

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□□□□

□□□

| □□□   | □□   | □□    | □□     | □□ | □□    | □□  | □□    | □□□   | □□□     | □□□    | □□ | □□      | □□  | □□      |
|-------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|-----|---------|
|       | km   | □□    | min/km | -  | -     | □   | □     | km    | □□      | min/km | -  | -       | □   | □       |
| Runde | 0.50 | 2:20  | 4:40   | 44 | 1:11  | 201 | 1:11  | 0.50  | 2:20    | 4:40   | 24 | 0:07    | 144 |         |
| Runde | 3.47 | 20:39 | 5:57   | 45 | 7:08  | 188 | 7:08  | 3.97  | 22:59   | 5:47   | 24 | 1:18    | 227 |         |
| Runde | 3.47 | 21:00 | 6:03   | 44 | 6:44  | 183 | 6:46  | 7.44  | 43:59   | 5:54   | 23 | 3:39    | 225 |         |
| Runde | 3.47 | 21:19 | 6:08   | 43 | 18:10 | 186 | 18:10 | 10.91 | 1:05:18 | 5:59   | 22 | 5:43    | 224 |         |
| Runde | 3.47 | 21:58 | 6:19   | 41 | 7:06  | 186 | 7:37  | 14.38 | 1:27:16 | 6:04   | 23 | 8:00    | 222 |         |
| Runde | 3.47 | 22:59 | 6:37   | 46 | 8:11  | 211 | 8:34  | 17.85 | 1:50:15 | 6:10   | 23 | 10:22   | 229 | 16:13   |
| Runde | 3.47 | 24:11 | 6:58   | 49 | 9:15  | 221 | 9:36  | 21.32 | 2:14:26 | 6:18   | 23 | 12:58   | 220 | 47:18   |
| Runde | 3.47 | 25:56 | 7:28   | 49 | 10:46 | 231 | 11:24 | 24.79 | 2:40:22 | 6:28   | 23 | 15:43   | 220 | 58:19   |
| Runde | 3.47 | 26:13 | 7:33   | 45 | 10:23 | 220 | 11:48 | 28.26 | 3:06:35 | 6:36   | 21 | 5:05    | 223 | 1:09:18 |
| Runde | 3.47 | 28:34 | 8:13   | 46 | 12:20 | 225 | 13:35 | 31.73 | 3:35:09 | 6:46   | 21 | 7:41    | 221 | 1:21:38 |
| Runde | 3.47 | 30:40 | 8:50   | 49 | 13:58 | 229 | 15:13 | 35.20 | 4:05:49 | 6:59   | 21 | 12:33   | 216 | 1:31:39 |
| Runde | 3.47 | 28:49 | 8:18   | 40 | 11:32 | 204 | 12:57 | 38.67 | 4:34:38 | 7:06   | 21 | 15:29   | 215 | 1:49:30 |
| Ziel  | 3.47 | 29:45 | 8:34   | 43 | 12:20 | 215 | 14:09 | 42.18 | 5:04:23 | 7:12   | 46 | 1:57:20 | 214 | 2:03:02 |