



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Blumensaat, Roland

□□□: 5:05:24

□□: schritt-weise.de

□□: 8.25 km/h

□□: 178

□□□□: 7:14 min/km

□□: 42.18 km

□□□□□/□□□: 237 (of 305)

Marathon

□□□□□/□: 215 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 40(of 47)

Männer M50

□□□□□□□: 3:13:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:35	5:10	39	1:24	246	1:26	0.50	2:35	5:10	20	0:37	232	0:04	
Runde	3.47	24:01	6:55	46	8:55	265	10:30	3.97	26:36	6:42	21	6:04	236	1:10	
Runde	3.47	25:03	7:13	46	10:13	264	10:49	7.44	51:39	6:56	20	10:35	234	7:05	
Runde	3.47	25:09	7:14	46	10:12	261	22:00	10.91	1:16:48	7:02	20	14:21	233	8:54	
Runde	3.47	25:25	7:19	45	10:18	257	11:04	14.38	1:42:13	7:06	20	17:33	231	6:20	
Runde	3.47	25:24	7:19	44	9:56	248	10:59	17.85	2:07:37	7:08	20	20:18	230	33:35	
Runde	3.47	25:56	7:28	43	10:30	242	11:21	21.32	2:33:33	7:12	20	22:36	229	1:06:25	
Runde	3.47	25:49	7:26	41	10:22	229	11:17	24.79	2:59:22	7:14	20	24:20	229	1:17:19	
Runde	3.47	26:01	7:29	39	10:06	217	11:36	28.26	3:25:23	7:16	19	24:54	224	1:28:06	
Runde	3.47	25:30	7:20	35	9:07	187	10:31	31.73	3:50:53	7:16	19	25:00	222	1:37:22	
Runde	3.47	24:54	7:10	24	7:54	142	9:27	35.20	4:15:47	7:15	19	23:30	217	1:41:37	
Runde	3.47	25:02	7:12	24	7:16	126	9:10	38.67	4:40:49	7:15	19	22:29	216	1:55:41	
Ziel	3.47	24:35	7:05	25	6:06	125	8:59	42.18	5:05:24	7:14	40	1:52:09	215	2:04:03	