



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Koch, Klaus

□□: Go for Rinthoim
 □□: 323

□□: 42.18 km
 Marathon

□□□□:
 Männer M40

□□□: 5:08:27

□□: 8.17 km/h
 □□□□: 7:19 min/km

□□□□□/□□□□: 243 (of 305)

□□□□□/□: 218 (of 271)

□□□□□□: 3:01:21

□□□□□: 44(of 54)

□□□□□□□: 3:11:42

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	2:37	5:14	52	1:28	251	1:28	0.50	2:37	5:14	20	0:53	7	0:06
Runde	3.47	21:47	6:16	48	7:42	224	8:16	3.97	24:24	6:08	20	1:40	149	
Runde	3.47	23:01	6:37	50	8:36	246	8:47	7.44	47:25	6:22	20	2:23	11	2:51
Runde	3.47	24:48	7:08	51	10:18	257	21:39	10.91	1:12:13	6:37	20	3:47	236	4:19
Runde	3.47	25:07	7:14	49	10:46	253	10:46	14.38	1:37:20	6:46	19	5:46	234	1:27
Runde	3.47	26:56	7:45	51	12:07	258	12:31	17.85	2:04:16	6:57	19	8:32	233	30:14
Runde	3.47	23:43	6:50	43	8:43	211	9:08	21.32	2:27:59	6:56	19	8:52	232	1:00:51
Runde	3.47	25:14	7:16	44	9:28	219	10:42	24.79	2:53:13	6:59	19	10:02	232	1:11:10
Runde	3.47	25:37	7:22	40	9:04	211	11:12	28.26	3:18:50	7:02	19	11:38	227	1:21:33
Runde	3.47	26:30	7:38	40	9:00	201	11:31	31.73	3:45:20	7:06	19	12:55	225	1:31:49
Runde	3.47	27:56	8:02	39	10:03	200	12:29	35.20	4:13:16	7:11	19	14:59	220	1:39:06
Runde	3.47	27:04	7:48	36	9:29	179	11:12	38.67	4:40:20	7:14	19	14:50	219	1:55:12
Ziel	3.47	28:07	8:06	38	11:11	197	12:31	42.18	5:08:27	7:18	44	1:56:45	218	2:07:06