



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Mintgen, Dietmar

□□: Team Erdinger Alkoholfrei
 □□: 158

□□: 42.18 km
 Marathon

□□□□:
 Männer M55

□□□: 5:22:10

□□: 7.82 km/h
 □□□□: 7:38 min/km

□□□□□/□□□□: 256 (of 305)

□□□□□/□: 230 (of 271)

□□□□□□: 3:01:21

□□□□□: 11(of 12)

□□□□□□□: 3:17:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:21	4:42	10	1:06	204	1:12	0.50	2:21	4:42	11	1:06	205		
Runde	3.47	23:40	6:49	12	8:27	262	10:09	3.97	26:01	6:33	11	9:33	251	0:35	
Runde	3.47	24:25	7:02	12	8:59	262	10:11	7.44	50:26	6:46	11	18:32	249	5:52	
Runde	3.47	24:37	7:05	12	8:47	256	21:28	10.91	1:15:03	6:52	11	27:19	248	7:09	
Runde	3.47	24:41	7:06	12	8:30	251	10:20	14.38	1:39:44	6:56	11	35:49	246	3:51	
Runde	3.47	26:16	7:34	12	10:02	255	11:51	17.85	2:06:00	7:03	11	45:51	245	31:58	
Runde	3.47	26:38	7:40	11	10:10	248	12:03	21.32	2:32:38	7:09	11	56:01	244	1:05:30	
Runde	3.47	27:54	8:02	11	11:18	245	13:22	24.79	3:00:32	7:16	11	1:07:19	244	1:18:29	
Runde	3.47	27:34	7:56	10	10:31	231	13:09	28.26	3:28:06	7:21	11	1:17:50	239	1:30:49	
Runde	3.47	28:13	8:07	9	11:04	222	13:14	31.73	3:56:19	7:26	11	1:28:54	237	1:42:48	
Runde	3.47	28:39	8:15	9	11:09	211	13:12	35.20	4:24:58	7:31	11	1:40:03	232	1:50:48	
Runde	3.47	27:47	8:00	9	11:22	191	11:55	38.67	4:52:45	7:34	11	1:51:25	231	2:07:37	
Ziel	3.47	29:25	8:28	11	12:49	210	13:49	42.18	5:22:10	7:38	11	2:04:14	230	2:20:49	