



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Benkert, Henry

□□□: 5:22:10

□□: Hannover

□□: 7.82 km/h

□□: 313

□□□□: 7:38 min/km

□□: 42.18 km

□□□□□/□□□: 257 (of 305)

Marathon

□□□□□/□: 230 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 18(of 23)

Männer M20

□□□□□□□: 3:15:22

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:37	5:14	23	1:28	251	1:28	0.50	2:37	5:14	4	1:00	7	0:06	
Runde	3.47	22:42	6:32	20	9:03	243	9:11	3.97	25:19	6:22	4	4:24	7		
Runde	3.47	21:47	6:16	20	7:31	210	7:33	7.44	47:06	6:19	4	5:48	5	2:32	
Runde	3.47	22:53	6:35	20	8:36	232	19:44	10.91	1:09:59	6:24	4	8:59	4	2:05	
Runde	3.47	24:03	6:55	22	9:38	245	9:42	14.38	1:34:02	6:32	4	12:46	2		
Runde	3.47	25:04	7:13	22	10:39	242	10:39	17.85	1:59:06	6:40	4	17:49	246	25:04	
Runde	3.47	25:42	7:24	21	11:07	239	11:07	21.32	2:24:48	6:47	4	23:25	245	57:40	
Runde	3.47	29:29	8:29	23	14:34	256	14:57	24.79	2:54:17	7:01	4	32:49	245	1:12:14	
Runde	3.47	29:04	8:22	22	13:50	242	14:39	28.26	3:23:21	7:11	4	42:06	240	1:26:04	
Runde	3.47	29:24	8:28	19	13:10	233	14:25	31.73	3:52:45	7:20	4	48:46	238	1:39:14	
Runde	3.47	31:01	8:56	18	13:20	234	15:34	35.20	4:23:46	7:29	4	49:33	233	1:49:36	
Runde	3.47	29:23	8:28	18	11:00	214	13:31	38.67	4:53:09	7:34	4	55:13	232	2:08:01	
Ziel	3.47	29:01	8:21	18	12:54	208	13:25	42.18	5:22:10	7:38	18	2:06:48	230	2:20:49	