



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Dilling, Daniela

□□: LG Nord Berlin

□□: 172

□□: 42.18 km

Marathon

□□□□:

Frauen W50

□□□: 5:23:21

□□: 7.79 km/h

□□□□: 7:40 min/km

□□□□□/□□□: 259 (of 305)

□□□□□/□: 28 (of 34)

□□□□□□: 3:41:58

□□□□□: 4(of 5)

□□□□□□□: 4:19:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:50	3:39	3	0:36	13	0:36	0.50	1:50	3:39	5	-	15	
Runde	3.47	21:05	6:04	3	3:03	18	4:02	3.97	22:55	5:46	5	-	15	
Runde	3.47	22:57	6:36	4	4:01	25	22:39	7.44	45:52	6:09	5	-	15	
Runde	3.47	23:55	6:53	5	4:35	28	23:12	10.91	1:09:47	6:23	5	-	15	
Runde	3.47	24:51	7:09	5	5:04	30	23:55	14.38	1:34:38	6:34	5	-	15	
Runde	3.47	24:56	7:11	4	4:15	27	6:53	17.85	1:59:34	6:41	5	0:56	15	
Runde	3.47	26:01	7:29	5	4:43	29	7:29	21.32	2:25:35	6:49	5	1:39	15	
Runde	3.47	26:56	7:45	4	4:28	27	8:38	24.79	2:52:31	6:57	5	2:39	15	
Runde	3.47	29:05	8:22	5	6:17	28	10:17	28.26	3:21:36	7:08	5	3:21	4	16:46
Runde	3.47	30:14	8:42	4	6:26	29	11:28	31.73	3:51:50	7:18	4	43:28	4	22:01
Runde	3.47	30:23	8:45	4	6:34	28	11:15	35.20	4:22:13	7:26	4	50:02	4	25:50
Runde	3.47	30:08	8:41	4	5:54	28	11:19	38.67	4:52:21	7:33	4	55:56	4	30:26
Ziel	3.47	31:00	8:56	4	7:40	29	30:33	42.18	5:23:21	7:39	4	1:03:36	28	1:41:23