



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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**Bartsch, Frank**

□□□: 5:23:50

□□: Freiw. Feuerwehr Bergkamen

□□: 7.78 km/h

□□: 87

□□□□: 7:41 min/km

□□: 42.18 km

□□□□□/□□□: 260 (of 305)

Marathon

□□□□□/□: 232 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 48(of 57)

Männer M45

□□□□□□□: 3:07:03

□□□□

□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50     | 2:37     | 5:14         | 53      | 1:28    | 251     | 1:28    | 0.50  | 2:37      | 5:14      | 26            | 0:24    | 7       | 0:06    |         |
| Runde | 3.47     | 22:45    | 6:33         | 56      | 9:14    | 247     | 9:14    | 3.97  | 25:22     | 6:23      | 26            | 3:41    | 253     |         |         |
| Runde | 3.47     | 23:16    | 6:42         | 54      | 9:00    | 251     | 9:02    | 7.44  | 48:38     | 6:32      | 25            | 8:18    | 251     | 4:04    |         |
| Runde | 3.47     | 23:34    | 6:47         | 53      | 20:25   | 248     | 20:25   | 10.91 | 1:12:12   | 6:37      | 25            | 12:37   | 250     | 4:18    |         |
| Runde | 3.47     | 23:22    | 6:44         | 48      | 8:30    | 226     | 9:01    | 14.38 | 1:35:34   | 6:38      | 25            | 16:18   | 248     |         |         |
| Runde | 3.47     | 23:31    | 6:46         | 49      | 8:43    | 224     | 9:06    | 17.85 | 1:59:05   | 6:40      | 25            | 19:12   | 247     | 25:03   |         |
| Runde | 3.47     | 24:01    | 6:55         | 48      | 9:05    | 219     | 9:26    | 21.32 | 2:23:06   | 6:42      | 25            | 21:38   | 246     | 55:58   |         |
| Runde | 3.47     | 25:28    | 7:20         | 46      | 10:18   | 222     | 10:56   | 24.79 | 2:48:34   | 6:47      | 25            | 23:55   | 246     | 1:06:31 |         |
| Runde | 3.47     | 27:13    | 7:50         | 47      | 11:23   | 226     | 12:48   | 28.26 | 3:15:47   | 6:55      | 23            | 14:17   | 241     | 1:18:30 |         |
| Runde | 3.47     | 28:03    | 8:05         | 45      | 11:49   | 219     | 13:04   | 31.73 | 3:43:50   | 7:03      | 23            | 16:22   | 239     | 1:30:19 |         |
| Runde | 3.47     | 29:04    | 8:22         | 45      | 12:22   | 215     | 13:37   | 35.20 | 4:12:54   | 7:11      | 23            | 19:38   | 234     | 1:38:44 |         |
| Runde | 3.47     | 33:01    | 9:30         | 48      | 15:44   | 241     | 17:09   | 38.67 | 4:45:55   | 7:23      | 23            | 26:46   | 233     | 2:00:47 |         |
| Ziel  | 3.47     | 37:55    | 10:55        | 48      | 20:30   | 242     | 22:19   | 42.18 | 5:23:50   | 7:40      | 48            | 2:16:47 | 232     | 2:22:29 |         |