



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Schümann, Andy

□□□: 5:30:56

□□: SV Warnow 90 Rostock

□□: 7.61 km/h

□□: 222

□□□□: 7:50 min/km

□□: 42.18 km

□□□□□/□□□: 267 (of 305)

Marathon

□□□□□/□: 239 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 33(of 34)

Männer M30

□□□□□□□: 3:01:21

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	1:54	3:47	16	0:44	120	0:45	0.50	1:54	3:47	17			173
Runde	3.47	22:27	6:28	34	8:21	241	8:56	3.97	24:21	6:08	17	0:24		259
Runde	3.47	24:04	6:56	34	9:25	259	9:50	7.44	48:25	6:30	17	3:14		257 3:51
Runde	3.47	24:56	7:11	34	10:10	259	21:47	10.91	1:13:21	6:43	17	6:56		256 5:27
Runde	3.47	24:38	7:05	34	9:41	250	10:17	14.38	1:37:59	6:48	17	9:59		254 2:06
Runde	3.47	25:57	7:28	34	11:02	253	11:32	17.85	2:03:56	6:56	17	13:48		253 29:54
Runde	3.47	26:52	7:44	33	11:54	249	12:17	21.32	2:30:48	7:04	17	18:41		252 1:03:40
Runde	3.47	27:41	7:58	33	13:09	242	13:09	24.79	2:58:29	7:11	17	24:34		252 1:16:26
Runde	3.47	29:00	8:21	32	14:35	240	14:35	28.26	3:27:29	7:20	17	30:09		247 1:30:12
Runde	3.47	30:08	8:41	33	15:09	238	15:09	31.73	3:57:37	7:29	17	33:53		245 1:44:06
Runde	3.47	31:12	8:59	33	15:45	237	15:45	35.20	4:28:49	7:38	17	39:15		240 1:54:39
Runde	3.47	31:39	9:07	34	15:25	235	15:47	38.67	5:00:28	7:46	17	44:52		239 2:15:20
Ziel	3.47	30:28	8:46	32	14:15	223	14:52	42.18	5:30:56	7:50	33	2:29:35		239 2:29:35