



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Raulf, Martin

□□: CaBas CaBaNauTeN  
 □□: 156

□□: 42.18 km  
 Marathon

□□□□:  
 Männer M50

□□□: 5:30:37

□□: 7.62 km/h  
 □□□□: 7:50 min/km

□□□□□/□□□: 266 (of 305)

□□□□□/□: 238 (of 271)

□□□□□□: 3:01:21

□□□□□: 43(of 47)

□□□□□□□: 3:13:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:12	4:24	24	1:01	182	1:03	0.50	2:12	4:24	24	0:14	11	
Runde	3.47	21:31	6:12	35	6:25	214	8:00	3.97	23:43	5:58	24	3:11	154	
Runde	3.47	22:36	6:30	41	7:46	234	8:22	7.44	46:19	6:13	23	5:15	152	1:45
Runde	3.47	22:19	6:25	37	7:22	214	19:10	10.91	1:08:38	6:17	23	6:11	151	0:44
Runde	3.47	23:47	6:51	42	8:40	240	9:26	14.38	1:32:25	6:25	23	7:45	224	
Runde	3.47	24:23	7:01	40	8:55	233	9:58	17.85	1:56:48	6:32	23	9:29	242	22:46
Runde	3.47	26:10	7:32	45	10:44	246	11:35	21.32	2:22:58	6:42	23	12:01	253	55:50
Runde	3.47	32:38	9:24	45	17:11	262	18:06	24.79	2:55:36	7:05	23	20:34	253	1:13:33
Runde	3.47	30:03	8:39	44	14:08	249	15:38	28.26	3:25:39	7:16	22	25:10	248	1:28:22
Runde	3.47	32:34	9:23	43	16:11	248	17:35	31.73	3:58:13	7:30	22	32:20	246	1:44:42
Runde	3.47	31:44	9:08	42	14:44	239	16:17	35.20	4:29:57	7:40	22	37:40	241	1:55:47
Runde	3.47	30:49	8:52	42	13:03	229	14:57	38.67	5:00:46	7:46	22	42:26	240	2:15:38
Ziel	3.47	29:51	8:36	40	11:22	217	14:15	42.18	5:30:37	7:50	43	2:17:22	238	2:29:16