



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Fredrich, Wolfgang

□□□: 5:36:01

□□: CaBas CaBaNauTeN

□□: 7.50 km/h

□□: 5

□□□□: 7:58 min/km

□□: 42.18 km

□□□□□/□□□: 271 (of 305)

Marathon

□□□□□/□: 242 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 51(of 57)

Männer M45

□□□□□□□: 3:07:03

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	2:21	4:42	45	1:12	204	1:12	0.50	2:21	4:42	18	0:08	205	
Runde	3.47	23:26	6:45	57	9:55	261	9:55	3.97	25:47	6:29	29	4:06	264	0:21
Runde	3.47	24:17	6:59	56	10:01	261	10:03	7.44	50:04	6:43	28	9:44	262	5:30
Runde	3.47	25:14	7:16	56	22:05	262	22:05	10.91	1:15:18	6:54	28	15:43	261	7:24
Runde	3.47	25:31	7:21	55	10:39	259	11:10	14.38	1:40:49	7:00	28	21:33	259	4:56
Runde	3.47	25:40	7:23	53	10:52	250	11:15	17.85	2:06:29	7:05	28	26:36	258	32:27
Runde	3.47	28:10	8:07	53	13:14	256	13:35	21.32	2:34:39	7:15	28	33:11	257	1:07:31
Runde	3.47	28:23	8:10	52	13:13	247	13:51	24.79	3:03:02	7:23	28	38:23	257	1:20:59
Runde	3.47	28:50	8:18	50	13:00	238	14:25	28.26	3:31:52	7:29	26	30:22	252	1:34:35
Runde	3.47	29:02	8:22	47	12:48	229	14:03	31.73	4:00:54	7:35	26	33:26	248	1:47:23
Runde	3.47	30:10	8:41	47	13:28	223	14:43	35.20	4:31:04	7:42	26	37:48	245	1:56:54
Runde	3.47	30:16	8:43	45	12:59	226	14:24	38.67	5:01:20	7:47	26	42:11	244	2:16:12
Ziel	3.47	34:41	9:59	47	17:16	238	19:05	42.18	5:36:01	7:57	51	2:28:58	242	2:34:40