



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Puchinger, Klaus

□□: CaBas CaBaNauTeN

□□: 7

□□: 42.18 km

Marathon

□□□□:

Männer M20

□□□: 5:38:34

□□: 7.44 km/h

□□□□: 8:02 min/km

□□□□□/□□□□: 272 (of 305)

□□□□□/□: 244 (of 271)

□□□□□□: 3:01:21

□□□□□: 20(of 23)

□□□□□□□: 3:15:22

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	0.50	2:17	4:33	19	1:08	195	1:08	0.50	2:17	4:33	2	0:40	164	
Runde	3.47	22:55	6:36	22	9:16	252	9:24	3.97	25:12	6:20	2	4:17	265	
Runde	3.47	25:30	7:20	23	11:14	267	11:16	7.44	50:42	6:48	2	9:24	263	6:08
Runde	3.47	25:19	7:17	23	11:02	263	22:10	10.91	1:16:01	6:58	2	15:01	262	8:07
Runde	3.47	27:11	7:50	23	12:46	264	12:50	14.38	1:43:12	7:10	2	21:56	260	7:19
Runde	3.47	27:15	7:51	23	12:50	261	12:50	17.85	2:10:27	7:18	2	29:10	259	36:25
Runde	3.47	27:32	7:56	23	12:57	254	12:57	21.32	2:37:59	7:24	2	36:36	258	1:10:51
Runde	3.47	27:35	7:56	21	12:40	240	13:03	24.79	3:05:34	7:29	2	44:06	258	1:23:31
Runde	3.47	27:08	7:49	21	11:54	225	12:43	28.26	3:32:42	7:31	2	51:27	253	1:35:25
Runde	3.47	27:56	8:02	18	11:42	218	12:57	31.73	4:00:38	7:35	2	56:39	251	1:47:07
Runde	3.47	31:11	8:59	19	13:30	236	15:44	35.20	4:31:49	7:43	2	57:36	246	1:57:39
Runde	3.47	36:19	10:27	20	17:56	248	20:27	38.67	5:08:08	7:58	2	1:10:12	245	2:23:00
Ziel	3.47	30:26	8:46	19	14:19	222	14:50	42.18	5:38:34	8:01	20	2:23:12	244	2:37:13