



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Achilles, Kathrin

□□: mck e.V.Birkenstein
 □□: 388

□□: 42.18 km
 Marathon

□□□□:
 Frauen W40

□□□: 5:42:35

□□: 7.36 km/h
 □□□□: 8:07 min/km

□□□□□/□□□□: 274 (of 305)

□□□□□/□: 29 (of 34)

□□□□□□: 3:41:58

□□□□□: 5(of 5)

□□□□□□□: 4:29:01

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:06	4:12	3	0:33	18	0:52	0.50	2:06	4:12	5	0:33	16	
Runde	3.47	24:02	6:55	5	6:17	30	6:59	3.97	26:08	6:34	5	6:50	16	
Runde	3.47	23:49	6:51	5	4:27	29	23:31	7.44	49:57	6:42	5	11:17	16	
Runde	3.47	25:06	7:14	5	5:08	31	24:23	10.91	1:15:03	6:52	5	16:25	16	
Runde	3.47	27:18	7:52	5	7:19	34	26:22	14.38	1:42:21	7:07	5	23:44	16	0:09
Runde	3.47	25:29	7:20	5	4:46	30	7:26	17.85	2:07:50	7:09	5	28:30	16	0:15
Runde	3.47	26:29	7:37	5	4:56	30	7:57	21.32	2:34:19	7:14	5	33:25	16	0:46
Runde	3.47	27:26	7:54	5	5:29	30	9:08	24.79	3:01:45	7:19	5	38:54	16	2:25
Runde	3.47	29:52	8:36	5	6:38	30	11:04	28.26	3:31:37	7:29	5	45:23	3	26:47
Runde	3.47	31:27	9:03	5	7:42	31	12:41	31.73	4:03:04	7:39	5	50:36	3	33:15
Runde	3.47	31:09	8:58	5	6:35	29	12:01	35.20	4:34:13	7:47	5	54:58	3	37:50
Runde	3.47	33:55	9:46	5	9:02	29	15:06	38.67	5:08:08	7:58	5	1:03:47	3	46:13
Ziel	3.47	34:27	9:55	5	11:10	30	34:00	42.18	5:42:35	8:07	5	1:13:34	29	2:00:37