



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Pfob, Björn

□□: Gera

□□: 254

□□: 42.18 km

Marathon

□□□□:

Männer M40

□□□: 5:49:17

□□: 7.21 km/h

□□□□: 8:17 min/km

□□□□□/□□□□: 277 (of 305)

□□□□□/□: 248 (of 271)

□□□□□□: 3:01:21

□□□□□: 50(of 54)

□□□□□□□: 3:11:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:29	4:58	47	1:20	230	1:20	0.50	2:29	4:58	12	0:45	109	
Runde	3.47	23:45	6:50	53	9:40	263	10:14	3.97	26:14	6:36	26	3:30	269	0:48
Runde	3.47	23:32	6:46	52	9:07	255	9:18	7.44	49:46	6:41	26	4:44	267	5:12
Runde	3.47	23:59	6:54	49	9:29	253	20:50	10.91	1:13:45	6:45	26	5:19	266	5:51
Runde	3.47	25:12	7:15	50	10:51	254	10:51	14.38	1:38:57	6:52	25	7:23	264	3:04
Runde	3.47	26:02	7:30	49	11:13	254	11:37	17.85	2:04:59	7:00	25	9:15	263	30:57
Runde	3.47	28:14	8:08	50	13:14	258	13:39	21.32	2:33:13	7:11	25	14:06	262	1:06:05
Runde	3.47	30:52	8:53	51	15:06	258	16:20	24.79	3:04:05	7:25	25	20:54	262	1:22:02
Runde	3.47	31:10	8:58	50	14:37	255	16:45	28.26	3:35:15	7:37	25	28:03	257	1:37:58
Runde	3.47	33:35	9:40	50	16:05	252	18:36	31.73	4:08:50	7:50	25	36:25	253	1:55:19
Runde	3.47	34:41	9:59	49	16:48	247	19:14	35.20	4:43:31	8:03	25	45:14	250	2:09:21
Runde	3.47	30:09	8:41	43	12:34	224	14:17	38.67	5:13:40	8:06	25	48:10	249	2:28:32
Ziel	3.47	35:37	10:15	50	18:41	240	20:01	42.18	5:49:17	8:16	50	2:37:35	248	2:47:56