



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Plückelmann, Willi

□□: Tus Hamborn Neumühl
 □□: 82

□□: 42.18 km
 Marathon

□□□□:
 Männer M60

□□□: 5:54:56

□□: 7.13 km/h
 □□□□: 8:25 min/km

□□□□□/□□□□: 279 (of 305)

□□□□□/□: 249 (of 271)

□□□□□□: 3:01:21

□□□□□: 6(of 8)

□□□□□□□: 3:03:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	2:14	4:28	6	1:05	190	1:05	0.50	2:14	4:28	8		270	
Runde	3.47	24:56	7:11	8	10:48	269	11:25	3.97	27:10	6:50	8	2:13	270	1:44
Runde	3.47	24:35	7:05	8	10:21	263	10:21	7.44	51:45	6:57	8	4:20	268	7:11
Runde	3.47	26:04	7:30	8	11:41	264	22:55	10.91	1:17:49	7:07	8	7:32	267	9:55
Runde	3.47	27:18	7:52	8	12:41	265	12:57	14.38	1:45:07	7:18	8	11:32	265	9:14
Runde	3.47	27:56	8:02	8	13:07	263	13:31	17.85	2:13:03	7:27	8	16:00	264	39:01
Runde	3.47	30:36	8:49	8	15:44	263	16:01	21.32	2:43:39	7:40	8	21:13	263	1:16:31
Runde	3.47	33:47	9:44	8	18:40	263	19:15	24.79	3:17:26	7:57	8	27:34	263	1:35:23
Runde	3.47	36:04	10:23	7	20:38	259	21:39	28.26	3:53:30	8:15	7	1:54:45	258	1:56:13
Runde	3.47	33:46	9:43	7	17:53	253	18:47	31.73	4:27:16	8:25	7	2:12:38	256	2:13:45
Runde	3.47	29:28	8:29	6	13:12	218	14:01	35.20	4:56:44	8:25	6	2:25:50	251	2:22:34
Runde	3.47	27:53	8:02	6	11:38	195	12:01	38.67	5:24:37	8:23	6	2:37:28	250	2:39:29
Ziel	3.47	30:19	8:44	6	13:41	220	14:43	42.18	5:54:56	8:24	6	2:51:09	249	2:53:35