



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Dams, Frank

□□: Ultrafriesen e.V.
 □□: 299

□□: 42.18 km
 Marathon

□□□□:
 Männer M45

□□□□□/□□□: DNF (of 305)

□□□□□/□: DNF (of 271)

□□□□□□: 3:01:21

□□□□□: DNF(of 57)

□□□□□□□: 3:07:03

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50 | 2:31 | 5:01 | 50 | 1:22 | 235 | 1:22 | 0.50 | 2:31 | 5:01 | 2 | 0:18 | 1 | - | |
| Runde | 3.47 | 21:48 | 6:16 | 51 | 8:17 | 225 | 8:17 | 3.97 | 24:19 | 6:07 | 33 | 2:38 | 14 | - | |
| Runde | 3.47 | 21:54 | 6:18 | 48 | 7:38 | 216 | 7:40 | 7.44 | 46:13 | 6:12 | 31 | 5:53 | 12 | 1:39 | |
| Runde | 3.47 | 22:49 | 6:34 | 51 | 19:40 | 228 | 19:40 | 10.91 | 1:09:02 | 6:19 | 31 | 9:27 | 11 | 1:08 | |
| Runde | 3.47 | 23:50 | 6:52 | 52 | 8:58 | 241 | 9:29 | 14.38 | 1:32:52 | 6:27 | 31 | 13:36 | 9 | - | |
| Runde | 3.47 | 25:51 | 7:26 | 54 | 11:03 | 252 | 11:26 | 17.85 | 1:58:43 | 6:39 | 30 | 18:50 | 8 | 24:41 | |
| Runde | 3.47 | 28:39 | 8:15 | 54 | 13:43 | 261 | 14:04 | 21.32 | 2:27:22 | 6:54 | 30 | 25:54 | 7 | 1:00:14 | |
| Runde | 3.47 | 31:35 | 9:06 | 54 | 16:25 | 259 | 17:03 | 24.79 | 2:58:57 | 7:13 | 30 | 34:18 | 7 | 1:16:54 | |
| Runde | 3.47 | fehlt! | - | - | - | - | - | 28.26 | - | - | - | - | - | - | |
| Runde | 3.47 | fehlt! | - | - | - | - | - | 31.73 | - | - | - | - | - | - | |
| Runde | 3.47 | fehlt! | - | - | - | - | - | 35.20 | - | - | - | - | - | - | |
| Runde | 3.47 | fehlt! | - | - | - | - | - | 38.67 | - | - | - | - | - | - | |
| Ziel | 3.47 | fehlt! | - | - | - | - | - | 42.18 | - | - | - | - | - | - | |