



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Jensen, Lasse Taagaard

□□: Aalborg Triathlon Klub

□□: 133

□□: 42.18 km

Marathon

□□□□:

Männer M35

□□□: 3:05:20

□□: 13.66 km/h

□□□□: 4:23 min/km

□□□□□/□□□□: 3 (of 305)

□□□□□/□: 3 (of 271)

□□□□□□: 3:01:21

□□□□□: 1(of 32)

□□□□□□□: 3:05:20

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:23	2:46	4	0:14	33	0:14	0.50	1:23	2:46	32	-	18	
Runde	3.47	14:13	4:05	1	-	12	0:42	3.97	15:36	3:55	32	-	18	
Runde	3.47	14:27	4:09	1	-	5	0:13	7.44	30:03	4:02	32	-	16	
Runde	3.47	14:52	4:17	1	-	7	11:43	10.91	44:55	4:07	32	-	15	
Runde	3.47	15:09	4:21	1	-	7	0:48	14.38	1:00:04	4:10	32	-	13	
Runde	3.47	15:24	4:26	1	-	7	0:59	17.85	1:15:28	4:13	32	-	12	
Runde	3.47	15:37	4:30	1	-	8	1:02	21.32	1:31:05	4:16	17	-	11	3:57
Runde	3.47	15:30	4:28	1	-	7	0:58	24.79	1:46:35	4:17	17	-	11	4:32
Runde	3.47	15:47	4:32	1	-	4	1:22	28.26	2:02:22	4:19	17	-	7	5:05
Runde	3.47	15:43	4:31	1	-	2	0:44	31.73	2:18:05	4:21	17	-	5	4:34
Runde	3.47	15:47	4:32	1	-	2	0:20	35.20	2:33:52	4:22	17	-	4	
Runde	3.47	15:52	4:34	1	-	1	-	38.67	2:49:44	4:23	17	-	3	4:36
Ziel	3.47	15:36	4:29	1	-	1	-	42.18	3:05:20	4:23	1	-	3	3:59