



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Kleinsorg, Frank

□□: ASFM-GÖTTINGEN

□□: 188

□□: 42.18 km

Marathon

□□□□:

Männer M40

□□□: 3:11:42

□□: 13.15 km/h

□□□□: 4:32 min/km

□□□□□/□□□: 5 (of 305)

□□□□□/□: 5 (of 271)

□□□□□□: 3:01:21

□□□□□: 1(of 54)

□□□□□□□: 3:11:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:11	2:22	2	0:02	7	0:02	0.50	1:11	2:22	31	-	23	
Runde	3.47	14:05	4:03	1	-	4	0:34	3.97	15:16	3:50	31	-	15	
Runde	3.47	14:25	4:09	1	-	4	0:11	7.44	29:41	3:59	31	-	21	
Runde	3.47	14:30	4:10	1	-	4	11:21	10.91	44:11	4:02	30	-	20	
Runde	3.47	14:21	4:08	1	-	1	-	14.38	58:32	4:04	28	-	18	
Runde	3.47	14:49	4:16	1	-	3	0:24	17.85	1:13:21	4:06	28	-	17	
Runde	3.47	15:00	4:19	1	-	5	0:25	21.32	1:28:21	4:08	28	-	16	1:13
Runde	3.47	15:46	4:32	1	-	9	1:14	24.79	1:44:07	4:11	28	-	16	2:04
Runde	3.47	16:33	4:46	1	-	9	2:08	28.26	2:00:40	4:16	28	-	11	3:23
Runde	3.47	17:30	5:02	1	-	13	2:31	31.73	2:18:10	4:21	40	-	9	4:39
Runde	3.47	17:53	5:09	1	-	11	2:26	35.20	2:36:03	4:25	40	-	6	1:53
Runde	3.47	35:39	10:16	51	18:04	246	19:47	38.67	3:11:42	4:57	40	-	5	26:34
Ziel	3.47	-	-	51	-	245	-	42.18	3:11:42	4:32	1	-	5	10:21