



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Zimmer, Frank

□□: Skills 04 Frankfurt  
 □□: 268

□□: 21.34 km  
 Halbmarathon

□□□□:  
 Männer M45

□□□: 1:33:28

□□: 13.48 km/h  
 □□□□: 4:23 min/km

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□□□□□/□: 1 (of 34)

□□□□□□: 1:33:28

□□□□□: 1(of 12)

□□□□□□□: 1:33:28

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| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50     | 1:09     | 2:17         | 1       | -       | 1       | -       | 0.50      | 1:09      | 2:17          | 1       | -       | 27      |         |
| Runde | 3.47     | 14:01    | 4:02         | 1       | -       | 1       | -       | 3.97      | 15:10     | 3:49          | 1       | -       | 27      |         |
| Runde | 3.47     | 14:31    | 4:11         | 1       | -       | 1       | -       | 7.44      | 29:41     | 3:59          | 1       | -       | 27      |         |
| Runde | 3.47     | 15:14    | 4:23         | 2       | 0:32    | 2       | 0:32    | 10.91     | 44:55     | 4:07          | 1       | -       | 27      |         |
| Runde | 3.47     | 15:41    | 4:31         | 2       | 1:01    | 2       | 1:01    | 14.38     | 1:00:36   | 4:12          | 1       | -       | 27      |         |
| Runde | 3.47     | 16:10    | 4:39         | 2       | 0:54    | 2       | 0:54    | 17.85     | 1:16:46   | 4:18          | 1       | -       | 27      |         |
| Ziel  | 3.47     | 16:42    | 4:48         | 3       | 0:52    | 3       | 0:52    | 21.34     | 1:33:28   | 4:22          | 1       | -       | 1       | -       |