



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Kaluza, Ralf

□□: Potsdamer Laufclub
 □□: 377

□□: 42.18 km
 Marathon

□□□□:
 Männer M50

□□□: 3:13:15

□□: 13.04 km/h
 □□□□: 4:35 min/km

□□□□□/□□□□: 6 (of 305)

□□□□□/□: 6 (of 271)

□□□□□□: 3:01:21

□□□□□: 1(of 47)

□□□□□□□: 3:13:15

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50 | 1:21 | 2:42 | 3 | 0:10 | 28 | 0:12 | 0.50 | 1:21 | 2:42 | 29 | - | 24 | |
| Runde | 3.47 | 15:06 | 4:21 | 1 | - | 20 | 1:35 | 3.97 | 16:27 | 4:08 | 29 | - | 24 | |
| Runde | 3.47 | 14:50 | 4:16 | 1 | - | 9 | 0:36 | 7.44 | 31:17 | 4:12 | 27 | - | 22 | |
| Runde | 3.47 | 14:57 | 4:18 | 1 | - | 8 | 11:48 | 10.91 | 46:14 | 4:14 | 27 | - | 21 | |
| Runde | 3.47 | 15:07 | 4:21 | 1 | - | 6 | 0:46 | 14.38 | 1:01:21 | 4:15 | 26 | - | 19 | |
| Runde | 3.47 | 15:28 | 4:27 | 1 | - | 8 | 1:03 | 17.85 | 1:16:49 | 4:18 | 26 | - | 18 | |
| Runde | 3.47 | 15:26 | 4:26 | 1 | - | 6 | 0:51 | 21.32 | 1:32:15 | 4:19 | 26 | - | 17 | 5:07 |
| Runde | 3.47 | 15:27 | 4:27 | 1 | - | 6 | 0:55 | 24.79 | 1:47:42 | 4:20 | 26 | - | 17 | 5:39 |
| Runde | 3.47 | 15:55 | 4:35 | 1 | - | 7 | 1:30 | 28.26 | 2:03:37 | 4:22 | 24 | - | 12 | 6:20 |
| Runde | 3.47 | 16:23 | 4:43 | 1 | - | 6 | 1:24 | 31.73 | 2:20:00 | 4:24 | 34 | - | 10 | 6:29 |
| Runde | 3.47 | 17:00 | 4:53 | 1 | - | 6 | 1:33 | 35.20 | 2:37:00 | 4:27 | 34 | - | 7 | 2:50 |
| Runde | 3.47 | 17:46 | 5:07 | 1 | - | 7 | 1:54 | 38.67 | 2:54:46 | 4:31 | 34 | - | 6 | 9:38 |
| Ziel | 3.47 | 18:29 | 5:19 | 1 | - | 12 | 2:53 | 42.18 | 3:13:15 | 4:34 | 1 | - | 6 | 11:54 |