



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