



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Adler, Patrick

□□□: 3:26:48

□□: Tri-Team Fuldata1

□□: 12.19 km/h

□□: 261

□□□□: 4:54 min/km

□□: 42.18 km

□□□□□/□□□: 13 (of 305)

Marathon

□□□□□/□: 13 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 2(of 34)

Männer M30

□□□□□□□: 3:01:21

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:12	2:23	3	0:02	12	0:03	0.50	1:12	2:23	19	-	-	12
Runde	3.47	15:09	4:21	3	1:03	21	1:38	3.97	16:21	4:07	19	-	-	26
Runde	3.47	15:20	4:25	3	0:41	16	1:06	7.44	31:41	4:15	19	-	-	30
Runde	3.47	16:19	4:42	4	1:33	27	13:10	10.91	48:00	4:23	19	-	-	29
Runde	3.47	16:10	4:39	3	1:13	17	1:49	14.38	1:04:10	4:27	19	-	-	27
Runde	3.47	16:23	4:43	2	1:28	15	1:58	17.85	1:20:33	4:30	19	-	-	26
Runde	3.47	16:41	4:48	2	1:43	13	2:06	21.32	1:37:14	4:33	19	-	-	25 10:06
Runde	3.47	17:08	4:56	2	2:36	16	2:36	24.79	1:54:22	4:36	19	-	-	25 12:19
Runde	3.47	17:37	5:04	2	3:12	15	3:12	28.26	2:11:59	4:40	19	-	-	20 14:42
Runde	3.47	17:54	5:09	2	2:55	15	2:55	31.73	2:29:53	4:43	19	-	-	18 16:22
Runde	3.47	18:31	5:20	2	3:04	16	3:04	35.20	2:48:24	4:47	19	-	-	14 14:14
Runde	3.47	19:14	5:32	3	3:00	18	3:22	38.67	3:07:38	4:51	19	-	-	13 22:30
Ziel	3.47	19:10	5:31	4	2:57	21	3:34	42.18	3:26:48	4:54	2	25:27	-	13 25:27