



# 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

□□□□

□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| 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   |         |