



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Langstaedtler, Joachim

□□□: 3:28:03

□□: Erlangen

□□: 12.11 km/h

□□: 221

□□□□: 4:56 min/km

□□: 42.18 km

□□□□□/□□□: 14 (of 305)

Marathon

□□□□□/□: 14 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 3(of 23)

Männer M20

□□□□□□□: 3:15:22

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:26	2:52	6	0:17	40	0:17	0.50	1:26	2:52	19	-	33	
Runde	3.47	15:59	4:36	8	2:20	33	2:28	3.97	17:25	4:23	19	-	33	
Runde	3.47	16:02	4:37	6	1:46	26	1:48	7.44	33:27	4:29	19	-	31	
Runde	3.47	15:53	4:34	5	1:36	20	12:44	10.91	49:20	4:31	19	-	30	
Runde	3.47	16:22	4:42	5	1:57	20	2:01	14.38	1:05:42	4:34	19	-	28	
Runde	3.47	17:02	4:54	5	2:37	22	2:37	17.85	1:22:44	4:38	19	-	27	
Runde	3.47	17:21	5:00	6	2:46	24	2:46	21.32	1:40:05	4:41	19	-	26	12:57
Runde	3.47	18:01	5:11	5	3:06	28	3:29	24.79	1:58:06	4:45	19	-	26	16:03
Runde	3.47	17:50	5:08	5	2:36	20	3:25	28.26	2:15:56	4:48	19	-	21	18:39
Runde	3.47	18:21	5:17	5	2:07	21	3:22	31.73	2:34:17	4:51	19	-	19	20:46
Runde	3.47	19:16	5:33	4	1:35	20	3:49	35.20	2:53:33	4:55	19	-	15	19:23
Runde	3.47	18:23	5:17	1	-	11	2:31	38.67	3:11:56	4:57	19	-	14	26:48
Ziel	3.47	16:07	4:38	1	-	2	0:31	42.18	3:28:03	4:55	3	12:41	14	26:42