



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Hauch, Wolfgang

□□□: 3:30:33

□□: LSV Basel

□□: 11.97 km/h

□□: 325

□□□□: 4:59 min/km

□□: 42.18 km

□□□□□/□□□: 15 (of 305)

Marathon

□□□□□/□: 15 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 4(of 57)

Männer M45

□□□□□□□: 3:07:03

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:58	3:55	30	0:49	129	0:49	0.50	1:58	3:55	39	-	-	34	
Runde	3.47	16:30	4:45	11	2:59	43	2:59	3.97	18:28	4:39	39	-	-	34	
Runde	3.47	17:15	4:58	13	2:59	48	3:01	7.44	35:43	4:48	37	-	-	32	
Runde	3.47	17:27	5:01	13	14:18	46	14:18	10.91	53:10	4:52	37	-	-	31	
Runde	3.47	17:05	4:55	9	2:13	31	2:44	14.38	1:10:15	4:53	37	-	-	29	
Runde	3.47	17:12	4:57	7	2:24	25	2:47	17.85	1:27:27	4:53	36	-	-	28	
Runde	3.47	17:10	4:56	5	2:14	20	2:35	21.32	1:44:37	4:54	36	-	-	27	17:29
Runde	3.47	17:07	4:55	4	1:57	14	2:35	24.79	2:01:44	4:54	36	-	-	27	19:41
Runde	3.47	16:57	4:53	4	1:07	12	2:32	28.26	2:18:41	4:54	31	-	-	22	21:24
Runde	3.47	17:25	5:01	4	1:11	12	2:26	31.73	2:36:06	4:55	31	-	-	20	22:35
Runde	3.47	17:29	5:02	3	0:47	7	2:02	35.20	2:53:35	4:55	30	-	-	16	19:25
Runde	3.47	18:18	5:16	3	1:01	10	2:26	38.67	3:11:53	4:57	30	-	-	15	26:45
Ziel	3.47	18:40	5:22	4	1:15	15	3:04	42.18	3:30:33	4:59	4	23:30	-	15	29:12