



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Paul, Torsten

□□: TLV Rangsdorf
 □□: 264

□□: 42.18 km
 Marathon

□□□□:
 Männer M40

□□□: 3:34:00

□□: 11.78 km/h
 □□□□: 5:04 min/km

□□□□□/□□□: 18 (of 305)

□□□□□/□: 18 (of 271)

□□□□□□: 3:01:21

□□□□□: 3(of 54)

□□□□□□□: 3:11:42

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50 | 1:25 | 2:50 | 6 | 0:16 | 36 | 0:16 | 0.50 | 1:25 | 2:50 | 33 | - | 37 | |
| Runde | 3.47 | 16:45 | 4:49 | 7 | 2:40 | 45 | 3:14 | 3.97 | 18:10 | 4:34 | 33 | - | 37 | |
| Runde | 3.47 | 17:17 | 4:58 | 7 | 2:52 | 49 | 3:03 | 7.44 | 35:27 | 4:45 | 33 | - | 35 | |
| Runde | 3.47 | 17:38 | 5:04 | 7 | 3:08 | 49 | 14:29 | 10.91 | 53:05 | 4:51 | 32 | - | 34 | |
| Runde | 3.47 | 17:36 | 5:04 | 7 | 3:15 | 43 | 3:15 | 14.38 | 1:10:41 | 4:54 | 30 | - | 32 | |
| Runde | 3.47 | 17:50 | 5:08 | 6 | 3:01 | 41 | 3:25 | 17.85 | 1:28:31 | 4:57 | 30 | - | 31 | |
| Runde | 3.47 | 17:54 | 5:09 | 4 | 2:54 | 35 | 3:19 | 21.32 | 1:46:25 | 4:59 | 30 | - | 30 | 19:17 |
| Runde | 3.47 | 18:13 | 5:14 | 3 | 2:27 | 30 | 3:41 | 24.79 | 2:04:38 | 5:01 | 30 | - | 30 | 22:35 |
| Runde | 3.47 | 18:08 | 5:13 | 3 | 1:35 | 23 | 3:43 | 28.26 | 2:22:46 | 5:03 | 30 | - | 25 | 25:29 |
| Runde | 3.47 | 18:25 | 5:18 | 3 | 0:55 | 22 | 3:26 | 31.73 | 2:41:11 | 5:04 | 29 | - | 23 | 27:40 |
| Runde | 3.47 | 18:18 | 5:16 | 2 | 0:25 | 13 | 2:51 | 35.20 | 2:59:29 | 5:05 | 29 | - | 19 | 25:19 |
| Runde | 3.47 | 17:35 | 5:04 | 1 | - | 6 | 1:43 | 38.67 | 3:17:04 | 5:05 | 29 | - | 18 | 31:56 |
| Ziel | 3.47 | 16:56 | 4:52 | 1 | - | 6 | 1:20 | 42.18 | 3:34:00 | 5:04 | 3 | 22:18 | 18 | 32:39 |