



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Knauer, Daniel

□□□: 3:34:03

□□: Brockenlaufverein Ilsenburg

□□: 11.82 km/h

□□: 292

□□□□: 5:04 min/km

□□: 42.18 km

□□□□□/□□□: 19 (of 305)

Marathon

□□□□□/□: 19 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 3(of 32)

Männer M35

□□□□□□□: 3:05:20

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:09	2:17	1	-	1	-	0.50	1:09	2:17	30	-	-	8	
Runde	3.47	14:16	4:06	2	0:03	13	0:45	3.97	15:25	3:52	30	-	-	38	
Runde	3.47	15:25	4:26	3	0:58	19	1:11	7.44	30:50	4:08	30	-	-	36	
Runde	3.47	15:47	4:32	2	0:55	16	12:38	10.91	46:37	4:16	30	-	-	35	
Runde	3.47	16:10	4:39	3	1:01	17	1:49	14.38	1:02:47	4:21	30	-	-	33	
Runde	3.47	16:26	4:44	2	1:02	16	2:01	17.85	1:19:13	4:26	30	-	-	32	
Runde	3.47	16:45	4:49	2	1:08	14	2:10	21.32	1:35:58	4:30	30	-	-	31	8:50
Runde	3.47	17:07	4:55	2	1:37	14	2:35	24.79	1:53:05	4:33	30	-	-	31	11:02
Runde	3.47	17:47	5:07	3	2:00	18	3:22	28.26	2:10:52	4:37	30	-	-	26	13:35
Runde	3.47	18:42	5:23	4	2:59	24	3:43	31.73	2:29:34	4:42	30	-	-	24	16:03
Runde	3.47	19:20	5:34	4	3:33	21	3:53	35.20	2:48:54	4:47	30	-	-	20	14:44
Runde	3.47	23:06	6:39	10	7:14	74	7:14	38.67	3:12:00	4:57	30	-	-	19	26:52
Ziel	3.47	22:03	6:21	11	6:27	72	6:27	42.18	3:34:03	5:04	3	28:43	-	19	32:42