



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Tengler, Sebastian

□□□: 3:38:02

□□: P-Weg-Team

□□: 11.56 km/h

□□: 79

□□□□: 5:10 min/km

□□: 42.18 km

□□□□□/□□□: 25 (of 305)

Marathon

□□□□□/□: 25 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 4(of 32)

Männer M35

□□□□□□□: 3:05:20

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:16	2:31	3	0:07	20	0:07	0.50	1:16	2:31	29			25	
Runde	3.47	15:51	4:34	4	1:38	32	2:20	3.97	17:07	4:18	29			42	
Runde	3.47	16:44	4:49	5	2:17	39	2:30	7.44	33:51	4:32	29			40	
Runde	3.47	17:01	4:54	4	2:09	38	13:52	10.91	50:52	4:39	29			33	
Runde	3.47	17:06	4:55	4	1:57	34	2:45	14.38	1:07:58	4:43	29			37	
Runde	3.47	17:30	5:02	4	2:06	35	3:05	17.85	1:25:28	4:47	29			36	
Runde	3.47	17:30	5:02	4	1:53	27	2:55	21.32	1:42:58	4:49	29			35	15:50
Runde	3.47	17:47	5:07	4	2:17	21	3:15	24.79	2:00:45	4:52	29			35	18:42
Runde	3.47	18:20	5:17	4	2:33	25	3:55	28.26	2:19:05	4:55	29			30	21:48
Runde	3.47	18:25	5:18	3	2:42	22	3:26	31.73	2:37:30	4:57	29			28	23:59
Runde	3.47	19:00	5:28	3	3:13	19	3:33	35.20	2:56:30	5:00	29			24	22:20
Runde	3.47	20:44	5:58	5	4:52	34	4:52	38.67	3:17:14	5:06	29			23	32:06
Ziel	3.47	20:48	5:59	6	5:12	45	5:12	42.18	3:38:02	5:10	4	32:42		25	36:41