



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Meyer, Jörg

□□: VfL Börnsen
 □□: 94

□□: 42.18 km
 Marathon

□□□□:
 Männer M50

□□□: 3:40:19

□□: 11.44 km/h
 □□□□: 5:13 min/km

□□□□□/□□□: 29 (of 305)

□□□□□/□: 29 (of 271)

□□□□□□: 3:01:21

□□□□□: 3(of 47)

□□□□□□□: 3:13:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:16	2:31	2	0:05	20	0:07	0.50	1:16	2:31	31	-	-	25	
Runde	3.47	16:03	4:37	4	0:57	35	2:32	3.97	17:19	4:21	31	-	-	47	
Runde	3.47	16:35	4:46	4	1:45	35	2:21	7.44	33:54	4:33	29	-	-	45	
Runde	3.47	16:56	4:52	3	1:59	36	13:47	10.91	50:50	4:39	29	-	-	44	
Runde	3.47	17:22	5:00	3	2:15	40	3:01	14.38	1:08:12	4:44	28	-	-	42	
Runde	3.47	17:21	5:00	3	1:53	30	2:56	17.85	1:25:33	4:47	28	-	-	41	
Runde	3.47	17:09	4:56	2	1:43	19	2:34	21.32	1:42:42	4:49	28	-	-	40	15:34
Runde	3.47	17:26	5:01	2	1:59	18	2:54	24.79	2:00:08	4:50	28	-	-	40	18:05
Runde	3.47	18:10	5:14	2	2:15	24	3:45	28.26	2:18:18	4:53	26	-	-	35	21:01
Runde	3.47	19:04	5:29	2	2:41	26	4:05	31.73	2:37:22	4:57	25	-	-	33	23:51
Runde	3.47	20:19	5:51	2	3:19	34	4:52	35.20	2:57:41	5:02	25	-	-	29	23:31
Runde	3.47	22:05	6:21	7	4:19	57	6:13	38.67	3:19:46	5:09	25	-	-	28	34:38
Ziel	3.47	20:33	5:55	5	2:04	39	4:57	42.18	3:40:19	5:13	3	27:04	-	29	38:58