



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

□□□□

Manser, Jochen

□□□: 3:43:14

□□: TV Oberkirch

□□: 11.29 km/h

□□: 246

□□□□: 5:17 min/km

□□: 42.18 km

□□□□□/□□□: 32 (of 305)

Marathon

□□□□□/□: 31 (of 271)

□□□□□□: 3:01:21

□□□□:

□□□□□: 10(of 57)

Männer M45

□□□□□□□: 3:07:03

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:18	2:36	7	0:09	26	0:09	0.50	1:18	2:36	45	-	49	
Runde	3.47	16:29	4:45	10	2:58	42	2:58	3.97	17:47	4:28	45	-	49	
Runde	3.47	17:28	5:02	14	3:12	50	3:14	7.44	35:15	4:44	29	-	47	
Runde	3.47	17:36	5:04	14	14:27	47	14:27	10.91	52:51	4:50	29	-	46	
Runde	3.47	17:42	5:06	12	2:50	44	3:21	14.38	1:10:33	4:54	29	-	44	
Runde	3.47	18:05	5:12	13	3:17	47	3:40	17.85	1:28:38	4:57	42	-	43	
Runde	3.47	18:02	5:11	12	3:06	37	3:27	21.32	1:46:40	5:00	42	-	42	19:32
Runde	3.47	18:32	5:20	13	3:22	38	4:00	24.79	2:05:12	5:03	42	-	42	23:09
Runde	3.47	19:07	5:30	12	3:17	34	4:42	28.26	2:24:19	5:06	37	-	37	27:02
Runde	3.47	19:09	5:31	8	2:55	28	4:10	31.73	2:43:28	5:09	37	-	35	29:57
Runde	3.47	19:53	5:43	13	3:11	30	4:26	35.20	3:03:21	5:12	36	-	31	29:11
Runde	3.47	20:27	5:53	9	3:10	29	4:35	38.67	3:23:48	5:16	36	-	30	38:40
Ziel	3.47	19:26	5:36	7	2:01	23	3:50	42.18	3:43:14	5:17	10	36:11	31	41:53