



11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Möllendorf, Heiko

□□: Potsdamer Laufclub
 □□: 366

□□: 42.18 km
 Marathon

□□□□:
 Männer M40

□□□: 3:45:48

□□: 11.16 km/h
 □□□□: 5:21 min/km

□□□□□/□□□□: 34 (of 305)

□□□□□/□: 33 (of 271)

□□□□□□: 3:01:21

□□□□□: 5(of 54)

□□□□□□□: 3:11:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	0.50	1:21	2:42	4	0:12	28	0:12	0.50	1:21	2:42	35			24	
Runde	3.47	15:48	4:33	5	1:43	31	2:17	3.97	17:09	4:19	35			51	
Runde	3.47	16:37	4:47	6	2:12	37	2:23	7.44	33:46	4:32	35			49	
Runde	3.47	17:07	4:55	6	2:37	39	13:58	10.91	50:53	4:39	34			32	
Runde	3.47	17:19	4:59	6	2:58	38	2:58	14.38	1:08:12	4:44	32			42	
Runde	3.47	17:37	5:04	5	2:48	38	3:12	17.85	1:25:49	4:48	32			45	
Runde	3.47	18:10	5:14	7	3:10	44	3:35	21.32	1:43:59	4:52	32			44	16:51
Runde	3.47	18:27	5:19	6	2:41	36	3:55	24.79	2:02:26	4:56	32			44	20:23
Runde	3.47	19:19	5:34	6	2:46	39	4:54	28.26	2:21:45	5:00	32			39	24:28
Runde	3.47	19:52	5:43	5	2:22	38	4:53	31.73	2:41:37	5:05	31			37	28:06
Runde	3.47	20:57	6:02	5	3:04	41	5:30	35.20	3:02:34	5:11	31			33	28:24
Runde	3.47	21:33	6:12	8	3:58	50	5:41	38.67	3:24:07	5:16	31			32	38:59
Ziel	3.47	21:41	6:14	9	4:45	64	6:05	42.18	3:45:48	5:21	5	34:06		33	44:27