



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Plöchl, Günter

□□□: 4:05:51

□□: heit rein i owa ned voi

□□: 10.29 km/h

□□: 231

□□□□: 5:50 min/km

□□: 42.18 km

□□□□□/□□□: 36 (of 220)

Marathon

□□□□□/□: 34 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 5(of 24)

Senioren M35 (35-39 Jahre)

□□□□□□□: 3:07:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	17:44	5:06	5	3:16	40	3:16	3.47	17:44	5:06	20	-	36	
Runde	3.47	18:06	5:12	4	3:30	38	3:30	6.94	35:50	5:09	20	-	36	
Runde	3.47	18:23	5:17	5	3:27	35	3:27	10.41	54:13	5:12	12	-	35	
Runde	3.47	18:37	5:21	5	3:18	30	3:31	13.88	1:12:50	5:14	20	-	24	
Runde	3.47	19:22	5:34	7	4:04	40	4:07	17.35	1:32:12	5:18	19	-	35	
Runde	3.47	19:51	5:43	6	4:25	43	4:25	20.82	1:52:03	5:22	16	-	35	
Runde	3.47	20:38	5:56	8	5:31	46	5:31	24.29	2:12:41	5:27	20	-	23	27:31
Runde	3.47	20:54	6:01	7	5:11	38	5:11	27.76	2:33:35	5:31	16	-	32	28:03
Runde	3.47	21:19	6:08	5	5:05	31	5:05	31.23	2:54:54	5:36	16	14:10	34	37:47
Runde	3.47	22:48	6:34	7	6:11	38	6:14	34.70	3:17:42	5:41	16	-	25	43:58
Runde	3.47	23:44	6:50	6	6:45	41	6:52	38.17	3:41:26	5:48	17	16:59	32	50:43
Runde	3.97	24:25	6:09	8	7:34	59	7:34	42.18	4:05:51	5:49	6	1:31:04	37	2:44:02