



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Süßmann, René

□□□: 4:09:23

□□: Running Team Süßmann

□□: 10.10 km/h

□□: 299

□□□□: 5:55 min/km

□□: 42.18 km

□□□□□/□□□: 40 (of 220)

Marathon

□□□□□/□: 38 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 8(of 42)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:33:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	17:59	5:10	10	1:40	44	3:31	3.47	17:59	5:10	29	-	40	
Runde	3.47	17:52	5:08	7	1:31	31	3:16	6.94	35:51	5:09	29	-	40	
Runde	3.47	18:28	5:19	10	2:00	38	3:32	10.41	54:19	5:13	25	-	39	
Runde	3.47	19:08	5:30	11	2:44	41	4:02	13.88	1:13:27	5:17	28	-	27	
Runde	3.47	19:08	5:30	6	3:03	35	3:53	17.35	1:32:35	5:20	29	-	39	
Runde	3.47	19:43	5:40	10	2:52	40	4:17	20.82	1:52:18	5:23	27	-	38	
Runde	3.47	20:24	5:52	13	2:52	40	5:17	24.29	2:12:42	5:27	25	-	27	27:32
Runde	3.47	21:13	6:06	12	3:42	42	5:30	27.76	2:33:55	5:32	25	-	36	28:23
Runde	3.47	22:01	6:20	10	4:18	43	5:47	31.23	2:55:56	5:38	28	-	37	38:49
Runde	3.47	23:44	6:50	12	4:50	50	7:10	34.70	3:19:40	5:45	28	-	29	45:56
Runde	3.47	25:06	7:14	17	4:31	65	8:14	38.17	3:44:46	5:53	29	-	36	54:03
Runde	3.97	24:37	6:12	17	4:34	65	7:46	42.18	4:09:23	5:54	8	36:14	41	2:47:34