



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Rooseboom, Markus

□□□: 4:14:51

□□: Tri Michels Hamburg

□□: 9.89 km/h

□□: 252

□□□□: 6:02 min/km

□□: 42.18 km

□□□□□/□□□: 48 (of 220)

Marathon

□□□□□/□: 45 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 9(of 44)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:33:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:55	6:01	22	4:45	105	6:27	3.47	20:55	6:01	31		45	
Runde	3.47	20:53	6:01	23	4:52	95	6:17	6.94	41:48	6:01	31	0:30	45	
Runde	3.47	18:57	5:27	11	2:58	46	4:01	10.41	1:00:45	5:50	26		44	
Runde	3.47	20:16	5:50	16	3:46	74	5:10	13.88	1:21:01	5:50	29		32	
Runde	3.47	20:41	5:57	15	3:39	72	5:26	17.35	1:41:42	5:51	30		44	
Runde	3.47	20:22	5:52	11	3:26	54	4:56	20.82	2:02:04	5:51	41		176	
Runde	3.47	20:57	6:02	8	3:26	50	5:50	24.29	2:23:01	5:53	29		32	37:51
Runde	3.47	21:27	6:10	8	3:44	45	5:44	27.76	2:44:28	5:55	28		41	38:56
Runde	3.47	23:09	6:40	13	4:42	59	6:55	31.23	3:07:37	6:00	31		41	50:30
Runde	3.47	23:32	6:46	11	4:13	44	6:58	34.70	3:31:09	6:05	26		34	57:25
Runde	3.47	23:00	6:37	8	3:59	31	6:08	38.17	3:54:09	6:08	31		41	1:03:26
Runde	3.97	20:42	5:12	6	2:05	15	3:51	42.18	4:14:51	6:02	9	41:39	48	2:53:02