



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Opitz, Peter

□□: Emmerthal
 □□: 221

□□: 42.18 km
 Marathon

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 4:14:46

□□: 9.89 km/h
 □□□□: 6:02 min/km

□□□□□/□□□: 46 (of 220)

□□□□□/□: 43 (of 194)

□□□□□□: 3:07:34

□□□□□: 11(of 42)

□□□□□□□: 3:33:09

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	17:39	5:05	8	1:20	35	3:11	3.47	17:39	5:05	32		46	
Runde	3.47	17:59	5:10	8	1:38	33	3:23	6.94	35:38	5:08	32		46	
Runde	3.47	18:39	5:22	11	2:11	39	3:43	10.41	54:17	5:12	28		45	
Runde	3.47	19:04	5:29	10	2:40	40	3:58	13.88	1:13:21	5:17	31		33	
Runde	3.47	19:44	5:41	15	3:39	51	4:29	17.35	1:33:05	5:21	32		45	
Runde	3.47	20:31	5:54	16	3:40	56	5:05	20.82	1:53:36	5:27	30		43	
Runde	3.47	21:48	6:16	18	4:16	70	6:41	24.29	2:15:24	5:34	28		33	30:14
Runde	3.47	22:55	6:36	18	5:24	73	7:12	27.76	2:38:19	5:42	28		42	32:47
Runde	3.47	23:37	6:48	18	5:54	68	7:23	31.23	3:01:56	5:49	37		176	44:49
Runde	3.47	24:50	7:09	22	5:56	73	8:16	34.70	3:26:46	5:57	31		35	53:02
Runde	3.47	24:50	7:09	15	4:15	56	7:58	38.17	3:51:36	6:04	32		42	1:00:53
Runde	3.97	23:10	5:50	7	3:07	41	6:19	42.18	4:14:46	6:02	11	41:37	46	2:52:57