



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Spitzner, Thomas

00: Team Erdinger Alkoholfrei
00: 283

00: 42.18 km
Marathon

0000:
Senioren M40 (40-44 Jahre)

000: 4:14:49

00: 9.89 km/h
0000: 6:02 min/km

00000/000: 47 (of 220)

00000/0: 44 (of 194)

000000: 3:07:34

00000: 12(of 42)

0000000: 3:33:09

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	3.47	20:19	5:51	23	4:00	83	5:51	3.47	20:19	5:51	22	0:01	48	
Runde	3.47	19:56	5:44	19	3:35	81	5:20	6.94	40:15	5:47	22		48	
Runde	3.47	18:43	5:23	12	2:15	40	3:47	10.41	58:58	5:39	29		47	
Runde	3.47	19:10	5:31	13	2:46	45	4:04	13.88	1:18:08	5:37	32		35	
Runde	3.47	19:16	5:33	7	3:11	36	4:01	17.35	1:37:24	5:36	22		47	
Runde	3.47	20:11	5:48	13	3:20	47	4:45	20.82	1:57:35	5:38	21		45	
Runde	3.47	21:15	6:07	17	3:43	56	6:08	24.29	2:18:50	5:42	29		35	33:40
Runde	3.47	22:19	6:25	17	4:48	61	6:36	27.76	2:41:09	5:48	29		44	35:37
Runde	3.47	22:51	6:35	16	5:08	54	6:37	31.23	3:04:00	5:53	41		181	46:53
Runde	3.47	24:13	6:58	17	5:19	60	7:39	34.70	3:28:13	6:00	22		37	54:29
Runde	3.47	23:52	6:52	10	3:17	42	7:00	38.17	3:52:05	6:04	22		44	1:01:22
Runde	3.97	22:44	5:43	6	2:41	36	5:53	42.18	4:14:49	6:02	12	41:40	47	2:53:00