



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Stier, Reinhard

□□: BELC 89 Frankfurt
 □□: 292

□□: 42.18 km
 Marathon

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 4:15:51

□□: 9.85 km/h
 □□□□: 6:04 min/km

□□□□□/□□□: 52 (of 220)

□□□□□/□: 49 (of 194)

□□□□□□: 3:07:34

□□□□□: 10(of 44)

□□□□□□□: 3:33:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	16:42	4:48	5	0:32	16	2:14	3.47	16:42	4:48	32	-	51	
Runde	3.47	17:59	5:10	10	1:58	33	3:23	6.94	34:41	4:59	32	-	51	
Runde	3.47	18:26	5:18	10	2:27	37	3:30	10.41	53:07	5:06	27	-	50	
Runde	3.47	19:12	5:31	10	2:42	46	4:06	13.88	1:12:19	5:12	30	-	38	
Runde	3.47	20:21	5:51	13	3:19	67	5:06	17.35	1:32:40	5:20	31	-	50	
Runde	3.47	20:44	5:58	12	3:48	64	5:18	20.82	1:53:24	5:26	31	-	47	
Runde	3.47	21:00	6:03	9	3:29	51	5:53	24.29	2:14:24	5:31	30	-	38	29:14
Runde	3.47	22:19	6:25	12	4:36	61	6:36	27.76	2:36:43	5:38	29	-	47	31:11
Runde	3.47	23:11	6:40	14	4:44	60	6:57	31.23	2:59:54	5:45	41	-	170	42:47
Runde	3.47	24:35	7:05	17	5:16	68	8:01	34.70	3:24:29	5:53	27	-	40	50:45
Runde	3.47	25:51	7:26	18	6:50	76	8:59	38.17	3:50:20	6:02	32	-	47	59:37
Runde	3.97	25:31	6:25	18	6:54	86	8:40	42.18	4:15:51	6:03	10	42:39	52	2:54:02