



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Flock, Peter

□□: Lauffeuer Fröttstädt
 □□: 81

□□: 42.18 km
 Marathon

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 4:17:59

□□: 9.77 km/h
 □□□□: 6:07 min/km

□□□□□/□□□□: 58 (of 220)

□□□□□/□: 55 (of 194)

□□□□□□: 3:07:34

□□□□□: 16(of 42)

□□□□□□□: 3:33:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	17:23	5:00	5	1:04	28	2:55	3.47	17:23	5:00	37			57	
Runde	3.47	17:10	4:56	4	0:49	18	2:34	6.94	34:33	4:58	37			57	
Runde	3.47	18:02	5:11	5	1:34	25	3:06	10.41	52:35	5:03	18			56	
Runde	3.47	18:29	5:19	6	2:05	28	3:23	13.88	1:11:04	5:07	41			190	
Runde	3.47	19:25	5:35	12	3:20	43	4:10	17.35	1:30:29	5:12	37			56	
Runde	3.47	20:12	5:49	14	3:21	48	4:46	20.82	1:50:41	5:18	35			53	
Runde	3.47	22:03	6:21	20	4:31	75	6:56	24.29	2:12:44	5:27	33			44	27:34
Runde	3.47	23:43	6:50	22	6:12	84	8:00	27.76	2:36:27	5:38	18			53	30:55
Runde	3.47	25:24	7:19	25	7:41	98	9:10	31.23	3:01:51	5:49	36			175	44:44
Runde	3.47	24:43	7:07	21	5:49	72	8:09	34.70	3:26:34	5:57	36			46	52:50
Runde	3.47	26:28	7:37	24	5:53	88	9:36	38.17	3:53:02	6:06	37			53	1:02:19
Runde	3.97	24:57	6:17	18	4:54	71	8:06	42.18	4:17:59	6:06	16	44:50		58	2:56:10