



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Lautner, Anton

□□: marathon4you.de

□□: 180

□□: 42.18 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:18:35

□□: 9.75 km/h

□□□□: 6:08 min/km

□□□□□/□□□□: 59 (of 220)

□□□□□/□: 56 (of 194)

□□□□□□: 3:07:34

□□□□□: 7(of 38)

□□□□□□□: 3:42:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	22:25	6:27	29	6:33	147	7:57	3.47	22:25	6:27	26	1:31	58	
Runde	3.47	22:00	6:20	20	6:18	129	7:24	6.94	44:25	6:24	26	0:11	58	
Runde	3.47	21:00	6:03	11	4:54	90	6:04	10.41	1:05:25	6:17	22	14:17	57	
Runde	3.47	21:15	6:07	11	4:37	88	6:09	13.88	1:26:40	6:14	25		44	
Runde	3.47	21:07	6:05	10	4:19	77	5:52	17.35	1:47:47	6:12	24		57	2:29
Runde	3.47	21:02	6:03	10	4:01	70	5:36	20.82	2:08:49	6:11	37		185	
Runde	3.47	21:18	6:08	5	3:53	59	6:11	24.29	2:30:07	6:10	25		45	44:57
Runde	3.47	21:45	6:16	5	3:54	50	6:02	27.76	2:51:52	6:11	25		54	46:20
Runde	3.47	21:28	6:11	4	2:32	35	5:14	31.23	3:13:20	6:11	25		46	56:13
Runde	3.47	21:47	6:16	2	0:17	27	5:13	34.70	3:35:07	6:11	27		47	1:01:23
Runde	3.47	22:27	6:28	4	1:18	26	5:35	38.17	3:57:34	6:13	26		54	1:06:51
Runde	3.97	21:01	5:17	2	0:04	20	4:10	42.18	4:18:35	6:07	7	36:20	59	2:56:46