



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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**Brouwer, Jörg**

00: LAC Die Sauerländer Laufraketen  
00: 48

00: 42.18 km  
Marathon

0000:  
Senioren M45 (45-49 Jahre)

000: 4:19:16

00: 9.72 km/h  
0000: 6:09 min/km

00000/000: 60 (of 220)

00000/0: 57 (of 194)

000000: 3:07:34

00000: 11(of 44)

0000000: 3:33:12

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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	17:58	5:10	12	1:48	43	3:30	3.47	17:58	5:10	33		59	
Runde	3.47	18:26	5:18	13	2:25	45	3:50	6.94	36:24	5:14	33		59	
Runde	3.47	19:28	5:36	13	3:29	62	4:32	10.41	55:52	5:21	18		58	
Runde	3.47	19:28	5:36	12	2:58	54	4:22	13.88	1:15:20	5:25	31		45	
Runde	3.47	19:36	5:38	9	2:34	49	4:21	17.35	1:34:56	5:28	22		58	
Runde	3.47	19:43	5:40	9	2:47	40	4:17	20.82	1:54:39	5:30	32		54	
Runde	3.47	21:17	6:08	11	3:46	57	6:10	24.29	2:15:56	5:35	23		46	30:46
Runde	3.47	22:45	6:33	16	5:02	70	7:02	27.76	2:38:41	5:42	30		55	33:09
Runde	3.47	26:03	7:30	24	7:36	115	9:49	31.23	3:04:44	5:54	32		47	47:37
Runde	3.47	24:06	6:56	15	4:47	57	7:32	34.70	3:28:50	6:01	28		48	55:06
Runde	3.47	24:37	7:05	11	5:36	51	7:45	38.17	3:53:27	6:06	23		55	1:02:44
Runde	3.97	25:49	6:30	20	7:12	91	8:58	42.18	4:19:16	6:08	11	46:04	60	2:57:27