



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Sutherland, Paul

□□□: 4:21:46

□□: DL Redway Runners , Milton Keynes , England
 □□: 300

□□: 9.63 km/h
 □□□□: 6:13 min/km

□□: 42.18 km
 Marathon

□□□□□/□□□: 62 (of 220)
 □□□□□/□: 59 (of 194)
 □□□□□□: 3:07:34

□□□□:
 Senioren M45 (45-49 Jahre)

□□□□□: 13(of 44)
 □□□□□□□: 3:33:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	19:48	5:42	16	3:38	66	5:20	3.47	19:48	5:42	35		62	
Runde	3.47	19:37	5:39	17	3:36	73	5:01	6.94	39:25	5:40	35		62	
Runde	3.47	19:42	5:40	15	3:43	67	4:46	10.41	59:07	5:40	31		60	
Runde	3.47	19:54	5:44	13	3:24	64	4:48	13.88	1:19:01	5:41	32		48	
Runde	3.47	19:44	5:41	10	2:42	51	4:29	17.35	1:38:45	5:41	34		61	
Runde	3.47	20:12	5:49	10	3:16	48	4:46	20.82	1:58:57	5:42	33		55	
Runde	3.47	21:01	6:03	10	3:30	53	5:54	24.29	2:19:58	5:45	33		49	34:48
Runde	3.47	22:32	6:29	13	4:49	63	6:49	27.76	2:42:30	5:51	20		58	36:58
Runde	3.47	25:38	7:23	22	7:11	102	9:24	31.23	3:08:08	6:01	42		186	51:01
Runde	3.47	24:59	7:11	19	5:40	78	8:25	34.70	3:33:07	6:08	30		51	59:23
Runde	3.47	26:32	7:38	22	7:31	90	9:40	38.17	3:59:39	6:16	35		58	1:08:56
Runde	3.97	22:07	5:34	11	3:30	33	5:16	42.18	4:21:46	6:12	13	48:34	62	2:59:57