



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Kanzog, Holger

□□: Lübeck

□□: 153

□□: 42.18 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:24:34

□□: 9.53 km/h

□□□□: 6:16 min/km

□□□□□/□□□: 69 (of 220)

□□□□□/□: 66 (of 194)

□□□□□□: 3:07:34

□□□□□: 14(of 44)

□□□□□□□: 3:33:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:36	6:13	30	5:26	128	7:08	3.47	21:36	6:13	36	0:38	68	
Runde	3.47	21:35	6:13	28	5:34	115	6:59	6.94	43:11	6:13	36	1:53	68	
Runde	3.47	21:01	6:03	21	5:02	93	6:05	10.41	1:04:12	6:10	38		167	
Runde	3.47	21:05	6:04	20	4:35	83	5:59	13.88	1:25:17	6:08	33	2:11	54	
Runde	3.47	21:28	6:11	20	4:26	86	6:13	17.35	1:46:45	6:09	35		67	1:27
Runde	3.47	21:35	6:13	19	4:39	81	6:09	20.82	2:08:20	6:09	34		59	
Runde	3.47	21:40	6:14	14	4:09	69	6:33	24.29	2:30:00	6:10	34		55	44:50
Runde	3.47	21:56	6:19	10	4:13	55	6:13	27.76	2:51:56	6:11	33		64	46:24
Runde	3.47	21:56	6:19	9	3:29	42	5:42	31.23	3:13:52	6:12	34		50	56:45
Runde	3.47	23:01	6:37	10	3:42	40	6:27	34.70	3:36:53	6:15	31		57	1:03:09
Runde	3.47	24:55	7:10	14	5:54	58	8:03	38.17	4:01:48	6:20	41		183	1:11:05
Runde	3.97	22:46	5:44	12	4:09	37	5:55	42.18	4:24:34	6:16	14	51:22	69	3:02:45