



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

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

□□□□

□□□□

□□□

| □□□ | □□ 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 |