



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Bart, Ernst

□□□: 4:25:48

□□: Laufwunder Steyr

□□: 9.48 km/h

□□: 15

□□□□: 6:18 min/km

□□: 42.18 km

□□□□□/□□□: 72 (of 220)

Marathon

□□□□□/□: 69 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 19(of 42)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:33:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:57	6:19	32	5:38	137	7:29	3.47	21:57	6:19	40	1:39	71	
Runde	3.47	21:42	6:15	30	5:21	119	7:06	6.94	43:39	6:17	40	1:38	71	
Runde	3.47	21:02	6:03	22	4:34	94	6:06	10.41	1:04:41	6:12	3		67	
Runde	3.47	21:06	6:04	20	4:42	84	6:00	13.88	1:25:47	6:10	38		57	
Runde	3.47	21:07	6:05	20	5:02	77	5:52	17.35	1:46:54	6:09	40		70	1:36
Runde	3.47	21:33	6:12	20	4:42	79	6:07	20.82	2:08:27	6:10	37		62	
Runde	3.47	21:48	6:16	18	4:16	70	6:41	24.29	2:30:15	6:11	36		58	45:05
Runde	3.47	22:12	6:23	16	4:41	58	6:29	27.76	2:52:27	6:12	3		67	46:55
Runde	3.47	23:18	6:42	17	5:35	62	7:04	31.23	3:15:45	6:16	33		53	58:38
Runde	3.47	23:33	6:47	9	4:39	45	6:59	34.70	3:39:18	6:19	39		60	1:05:34
Runde	3.47	23:16	6:42	9	2:41	36	6:24	38.17	4:02:34	6:21	40		65	1:11:51
Runde	3.97	23:14	5:51	9	3:11	43	6:23	42.18	4:25:48	6:18	19	52:39	72	3:03:59