



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Holzappel, Ulf

00: BSG Roadrunner SSK MD
00: 137

00: 42.18 km
Marathon

0000:
Senioren M40 (40-44 Jahre)

000: 4:26:00

00: 9.47 km/h
0000: 6:19 min/km

00000/000: 74 (of 220)

00000/0: 71 (of 194)

000000: 3:07:34

00000: 21(of 42)

0000000: 3:33:09

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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	20:17	5:50	20	3:58	79	5:49	3.47	20:17	5:50	36	-	55	
Runde	3.47	19:39	5:39	17	3:18	74	5:03	6.94	39:56	5:45	42	-	73	
Runde	3.47	23:43	6:50	41	7:15	166	8:47	10.41	1:03:39	6:06	5	-	69	
Runde	3.47	22:27	6:28	30	6:03	120	7:21	13.88	1:26:06	6:12	22	-	58	
Runde	3.47	22:39	6:31	27	6:34	110	7:24	17.35	1:48:45	6:16	42	-	72	3:27
Runde	3.47	23:45	6:50	33	6:54	125	8:19	20.82	2:12:30	6:21	1	-	64	2:57
Runde	3.47	20:25	5:53	14	2:53	41	5:18	24.29	2:32:55	6:17	22	-	60	47:45
Runde	3.47	20:32	5:55	8	3:01	35	4:49	27.76	2:53:27	6:14	5	-	69	47:55
Runde	3.47	22:23	6:27	13	4:40	46	6:09	31.23	3:15:50	6:16	22	-	55	58:43
Runde	3.47	23:55	6:53	13	5:01	53	7:21	34.70	3:39:45	6:19	41	-	62	1:06:01
Runde	3.47	23:00	6:37	6	2:25	31	6:08	38.17	4:02:45	6:21	42	-	67	1:12:02
Runde	3.97	23:15	5:51	10	3:12	44	6:24	42.18	4:26:00	6:18	21	52:51	74	3:04:11