



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Nordmann, Malte

□□: pankow-team 07

□□: 218

□□: 42.18 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:26:41

□□: 9.45 km/h

□□□□: 6:19 min/km

□□□□□/□□□: 77 (of 220)

□□□□□/□: 74 (of 194)

□□□□□□: 3:07:34

□□□□□: 8(of 38)

□□□□□□□: 3:42:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:17	5:50	10	4:25	79	5:49	3.47	20:17	5:50	27		55	
Runde	3.47	19:20	5:34	8	3:38	66	4:44	6.94	39:37	5:42	27		76	
Runde	3.47	20:01	5:46	9	3:55	76	5:05	10.41	59:38	5:43	23	8:30	72	
Runde	3.47	20:06	5:47	7	3:28	70	5:00	13.88	1:19:44	5:44	26		61	
Runde	3.47	20:26	5:53	7	3:38	68	5:11	17.35	1:40:10	5:46	18		75	
Runde	3.47	20:36	5:56	6	3:35	63	5:10	20.82	2:00:46	5:48	26		66	
Runde	3.47	21:37	6:13	7	4:12	67	6:30	24.29	2:22:23	5:51	26		63	37:13
Runde	3.47	22:37	6:31	9	4:46	66	6:54	27.76	2:45:00	5:56	26		72	39:28
Runde	3.47	23:22	6:44	8	4:26	64	7:08	31.23	3:08:22	6:01	26		57	51:15
Runde	3.47	25:02	7:12	12	3:32	79	8:28	34.70	3:33:24	6:08	31		65	59:40
Runde	3.47	25:15	7:16	11	4:06	67	8:23	38.17	3:58:39	6:15	27		69	1:07:56
Runde	3.97	28:02	7:03	22	7:05	129	11:11	42.18	4:26:41	6:19	8	44:26	77	3:04:52