



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

0000

Kryza, Frank

000: 4:28:09

00: Winsen

00: 9.40 km/h

00: 177

0000: 6:22 min/km

00: 42.18 km

00000/000: 79 (of 220)

Marathon

00000/0: 76 (of 194)

000000: 3:07:34

0000:

00000: 16(of 44)

Senioren M45 (45-49 Jahre)

0000000: 3:33:12

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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	17:14	4:57	9	1:04	26	2:46	3.47	17:14	4:57	38	-	78	
Runde	3.47	17:50	5:08	9	1:49	30	3:14	6.94	35:04	5:03	38	-	78	
Runde	3.47	19:09	5:31	12	3:10	53	4:13	10.41	54:13	5:12	29	-	35	
Runde	3.47	20:01	5:46	14	3:31	66	4:55	13.88	1:14:14	5:20	35	-	63	
Runde	3.47	20:37	5:56	14	3:35	70	5:22	17.35	1:34:51	5:28	37	-	77	
Runde	3.47	21:02	6:03	13	4:06	70	5:36	20.82	1:55:53	5:33	35	-	68	
Runde	3.47	22:43	6:32	20	5:12	83	7:36	24.29	2:18:36	5:42	36	-	65	33:26
Runde	3.47	25:11	7:15	26	7:28	120	9:28	27.76	2:43:47	5:53	35	-	74	38:15
Runde	3.47	25:09	7:14	19	6:42	91	8:55	31.23	3:08:56	6:02	43	-	188	51:49
Runde	3.47	25:31	7:21	20	6:12	85	8:57	34.70	3:34:27	6:10	33	-	67	1:00:43
Runde	3.47	26:02	7:30	20	7:01	82	9:10	38.17	4:00:29	6:18	36	-	70	1:09:46
Runde	3.97	27:40	6:58	27	9:03	122	10:49	42.18	4:28:09	6:21	16	54:57	79	3:06:20