



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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**Notz, Johannes**

□□: BSG Flughafen Stuttgart  
 □□: 219

□□: 42.18 km  
 Marathon

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 4:32:51

□□: 9.24 km/h  
 □□□□: 6:28 min/km

□□□□□/□□□: 82 (of 220)

□□□□□/□: 79 (of 194)

□□□□□□: 3:07:34

□□□□□: 18(of 44)

□□□□□□□: 3:33:12

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	21:11	6:06	25	5:01	113	6:43	3.47	21:11	6:06	40	0:13	81	
Runde	3.47	21:21	6:09	27	5:20	111	6:45	6.94	42:32	6:07	40	1:14	81	
Runde	3.47	21:22	6:09	25	5:23	101	6:26	10.41	1:03:54	6:08	35		163	
Runde	3.47	21:19	6:08	22	4:49	91	6:13	13.88	1:25:13	6:08	37	2:07	66	
Runde	3.47	21:17	6:08	18	4:15	82	6:02	17.35	1:46:30	6:08	39		80	1:12
Runde	3.47	21:48	6:16	20	4:52	82	6:22	20.82	2:08:18	6:09	37		71	
Runde	3.47	22:08	6:22	17	4:37	78	7:01	24.29	2:30:26	6:11	38		68	45:16
Runde	3.47	22:41	6:32	15	4:58	67	6:58	27.76	2:53:07	6:14	37		77	47:35
Runde	3.47	23:11	6:40	14	4:44	60	6:57	31.23	3:16:18	6:17	36		60	59:11
Runde	3.47	24:22	7:01	16	5:03	62	7:48	34.70	3:40:40	6:21	35		70	1:06:56
Runde	3.47	25:11	7:15	16	6:10	66	8:19	38.17	4:05:51	6:26	43		186	1:15:08
Runde	3.97	27:00	6:48	23	8:23	113	10:09	42.18	4:32:51	6:28	18	59:39	82	3:11:02