



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Kathöwer, Robert

□□□: 2:17:04

□□: Robens Runners

□□: 9.19 km/h

□□: 158

□□□□: 6:25 min/km

□□: 21.34 km

□□□□□/□□□: 22 (of 62)

Halbmarathon

□□□□□/□: 20 (of 51)

□□□□□□: 1:34:46

□□□□:

□□□□□: 4(of 7)

Senioren M35 (35-39 Jahre)

□□□□□□□: 1:34:46

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47 | 21:44 | 6:15 | 4 | 7:12 | 24 | 7:12 | 3.47 | 21:44 | 6:15 | 7 | 7:12 | 25 | | |
| Runde | 3.47 | 22:10 | 6:23 | 4 | 7:15 | 22 | 7:15 | 6.94 | 43:54 | 6:19 | 7 | 14:27 | 25 | | |
| Runde | 3.47 | 22:39 | 6:31 | 4 | 7:06 | 21 | 7:06 | 10.41 | 1:06:33 | 6:23 | 6 | 21:33 | 23 | | |
| Runde | 3.47 | 23:45 | 6:50 | 5 | 7:40 | 21 | 7:40 | 13.88 | 1:30:18 | 6:30 | 6 | 19:55 | 25 | | |
| Runde | 3.47 | 23:21 | 6:43 | 4 | 6:41 | 17 | 6:41 | 17.35 | 1:53:39 | 6:33 | 7 | 35:54 | 24 | | |
| Runde | 3.97 | 23:25 | 5:53 | 4 | 6:24 | 16 | 6:24 | 21.34 | 2:17:04 | 6:25 | 4 | 42:18 | 20 | 42:18 | |