



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Staun, Thomas

□□□: 4:33:52

□□: Horsens All Runners - Team Ultimate Direction
 □□: 287

□□: 9.20 km/h
 □□□□: 6:29 min/km

□□: 42.18 km
 Marathon

□□□□□/□□□: 85 (of 220)
 □□□□□/□: 82 (of 194)
 □□□□□□: 3:07:34

□□□□:
 Senioren M40 (40-44 Jahre)

□□□□□: 22(of 42)
 □□□□□□□: 3:33:09

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	20:21	5:51	24	4:02	84	5:53	3.47	20:21	5:51	12	0:03	84	
Runde	3.47	21:01	6:03	23	4:40	101	6:25	6.94	41:22	5:57	12		84	
Runde	3.47	21:48	6:16	25	5:20	110	6:52	10.41	1:03:10	6:04	36		156	
Runde	3.47	23:04	6:38	35	6:40	138	7:58	13.88	1:26:14	6:12	12	0:07	69	
Runde	3.47	23:35	6:47	37	7:30	138	8:20	17.35	1:49:49	6:19	12	0:47	83	4:31
Runde	3.47	23:46	6:50	34	6:55	126	8:20	20.82	2:13:35	6:24	11	1:05	73	4:02
Runde	3.47	24:20	7:00	34	6:48	118	9:13	24.29	2:37:55	6:30	12	0:15	71	52:45
Runde	3.47	24:53	7:10	32	7:22	113	9:10	27.76	3:02:48	6:35	39		176	57:16
Runde	3.47	20:21	5:51	4	2:38	19	4:07	31.23	3:23:09	6:30	12		63	1:06:02
Runde	3.47	24:34	7:04	20	5:40	67	8:00	34.70	3:47:43	6:33	12		73	1:13:59
Runde	3.47	22:56	6:36	5	2:21	28	6:04	38.17	4:10:39	6:34	12		73	1:19:56
Runde	3.97	23:13	5:50	8	3:10	42	6:22	42.18	4:33:52	6:29	22	1:00:43	85	3:12:03