



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Kajüter, Burkhard

□□□: 4:36:44

□□: Emsbüren

□□: 9.11 km/h

□□: 152

□□□□: 6:34 min/km

□□: 42.18 km

□□□□□/□□□: 88 (of 220)

Marathon

□□□□□/□: 85 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 20(of 44)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:33:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:39	5:57	21	4:29	98	6:11	3.47	20:39	5:57	42		87	
Runde	3.47	21:51	6:17	29	5:50	124	7:15	6.94	42:30	6:07	42	1:12	87	
Runde	3.47	21:25	6:10	26	5:26	103	6:29	10.41	1:03:55	6:08	36		164	
Runde	3.47	22:54	6:35	30	6:24	130	7:48	13.88	1:26:49	6:15	39	3:43	72	
Runde	3.47	23:21	6:43	30	6:19	131	8:06	17.35	1:50:10	6:20	41		86	4:52
Runde	3.47	23:37	6:48	29	6:41	120	8:11	20.82	2:13:47	6:25	39		76	4:14
Runde	3.47	22:25	6:27	19	4:54	82	7:18	24.29	2:36:12	6:25	40		74	51:02
Runde	3.47	23:28	6:45	19	5:45	81	7:45	27.76	2:59:40	6:28	2		82	54:08
Runde	3.47	23:08	6:39	12	4:41	58	6:54	31.23	3:22:48	6:29	38		66	1:05:41
Runde	3.47	23:41	6:49	12	4:22	48	7:07	34.70	3:46:29	6:31	37		76	1:12:45
Runde	3.47	24:56	7:11	15	5:55	59	8:04	38.17	4:11:25	6:35	38		75	1:20:42
Runde	3.97	25:19	6:22	17	6:42	80	8:28	42.18	4:36:44	6:33	20	1:03:32	88	3:14:55