



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Steden, Georg

□□□: 4:38:25

□□: LT Hadamar

□□: 9.05 km/h

□□: 288

□□□□: 6:36 min/km

□□: 42.18 km

□□□□□/□□□: 93 (of 220)

Marathon

□□□□□/□: 89 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 12(of 38)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:42:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:48	5:59	17	4:56	101	6:20	3.47	20:48	5:59	31		91	
Runde	3.47	20:36	5:56	12	4:54	91	6:00	6.94	41:24	5:57	31		91	
Runde	3.47	22:18	6:25	19	6:12	128	7:22	10.41	1:03:42	6:07	25	12:34	82	
Runde	3.47	22:09	6:22	16	5:31	110	7:03	13.88	1:25:51	6:11	30		76	
Runde	3.47	22:41	6:32	18	5:53	111	7:26	17.35	1:48:32	6:15	29		90	3:14
Runde	3.47	23:41	6:49	18	6:40	122	8:15	20.82	2:12:13	6:21	28		80	2:40
Runde	3.47	22:59	6:37	12	5:34	85	7:52	24.29	2:35:12	6:23	29		78	50:02
Runde	3.47	23:51	6:52	12	6:00	90	8:08	27.76	2:59:03	6:26	30		86	53:31
Runde	3.47	24:02	6:55	11	5:06	72	7:48	31.23	3:23:05	6:30	30		70	1:05:58
Runde	3.47	24:53	7:10	10	3:23	75	8:19	34.70	3:47:58	6:34	21		80	1:14:14
Runde	3.47	25:42	7:24	12	4:33	74	8:50	38.17	4:13:40	6:38	30		79	1:22:57
Runde	3.97	24:45	6:14	11	3:48	68	7:54	42.18	4:38:25	6:36	12	56:10	92	3:16:36