



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Staal, Finn

□□: Stenlose DK  
 □□: 285

□□: 42.18 km  
 Marathon

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 4:38:56

□□: 9.03 km/h  
 □□□□: 6:37 min/km

□□□□□/□□□: 94 (of 220)

□□□□□/□: 90 (of 194)

□□□□□□: 3:07:34

□□□□□: 22(of 44)

□□□□□□□: 3:33:12

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	18:52	5:26	14	2:42	49	4:24	3.47	18:52	5:26	44	-	92	
Runde	3.47	18:59	5:28	15	2:58	53	4:23	6.94	37:51	5:27	44	-	92	
Runde	3.47	19:50	5:42	16	3:51	70	4:54	10.41	57:41	5:32	4	-	83	
Runde	3.47	20:40	5:57	18	4:10	78	5:34	13.88	1:18:21	5:38	41	-	77	
Runde	3.47	20:59	6:02	16	3:57	75	5:44	17.35	1:39:20	5:43	32	-	91	
Runde	3.47	21:52	6:18	21	4:56	83	6:26	20.82	2:01:12	5:49	40	-	175	
Runde	3.47	22:56	6:36	21	5:25	84	7:49	24.29	2:24:08	5:56	31	-	79	38:58
Runde	3.47	24:16	6:59	21	6:33	98	8:33	27.76	2:48:24	6:03	4	-	87	42:52
Runde	3.47	25:33	7:21	21	7:06	101	9:19	31.23	3:13:57	6:12	40	-	71	56:50
Runde	3.47	28:13	8:07	29	8:54	137	11:39	34.70	3:42:10	6:24	2	-	81	1:08:26
Runde	3.47	29:08	8:23	31	10:07	144	12:16	38.17	4:11:18	6:35	33	-	80	1:20:35
Runde	3.97	27:38	6:57	26	9:01	120	10:47	42.18	4:38:56	6:36	22	1:05:44	93	3:17:07