



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

0000

Elsner, Steffi

00: Hoppegarten

00: 67

00: 42.18 km

Marathon

0000:

Seniorinnen W40 (40-44 Jahre)

000: 4:39:14

00: 9.02 km/h

0000: 6:37 min/km

00000/000: 96 (of 220)

00000/0: 5 (of 26)

000000: 3:50:37

00000: 1(of 5)

0000000: 4:39:14

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	3.47	22:10	6:23	4	1:23	12	4:45	3.47	22:10	6:23	1	-	20	0:21
Runde	3.47	21:31	6:12	4	0:27	11	4:02	6.94	43:41	6:17	1	-	20	0:26
Runde	3.47	21:28	6:11	2	0:04	6	3:19	10.41	1:05:09	6:15	3	0:44	21	12:06
Runde	3.47	21:54	6:18	2	0:05	8	2:51	13.88	1:27:03	6:16	1	-	20	
Runde	3.47	22:14	6:24	2	0:06	7	3:17	17.35	1:49:17	6:17	1	-	18	13:31
Runde	3.47	22:53	6:35	1	-	6	3:24	20.82	2:12:10	6:20	1	-	20	
Runde	3.47	23:29	6:46	2	0:09	7	4:05	24.29	2:35:39	6:24	1	-	19	18:57
Runde	3.47	23:33	6:47	2	0:06	5	3:45	27.76	2:59:12	6:27	1	-	17	21:25
Runde	3.47	24:56	7:11	3	0:39	8	4:50	31.23	3:24:08	6:32	1	-	18	24:33
Runde	3.47	24:58	7:11	1	-	5	4:53	34.70	3:49:06	6:36	1	-	17	
Runde	3.47	24:56	7:11	1	-	5	4:37	38.17	4:14:02	6:39	1	-	19	
Runde	3.97	25:12	6:20	1	-	7	4:49	42.18	4:39:14	6:37	2	3:55:22	8	3:55:22