



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Hamel, Jasmin

□□□: 4:39:18

□□: LG Max

□□: 9.02 km/h

□□: 109

□□□□: 6:37 min/km

□□: 42.18 km

□□□□□/□□□: 97 (of 220)

Marathon

□□□□□/□: 6 (of 26)

□□□□□□: 3:50:37

□□□□:

□□□□□: 4(of 8)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 3:50:37

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	23:06	6:39	5	5:41	15	5:41	3.47	23:06	6:39	4	5:41	19	1:17
Runde	3.47	22:09	6:22	5	4:40	12	4:40	6.94	45:15	6:31	4	10:21	19	2:00
Runde	3.47	21:33	6:12	4	3:24	8	3:24	10.41	1:06:48	6:25	8	13:45	24	13:45
Runde	3.47	21:13	6:06	4	2:10	4	2:10	13.88	1:28:01	6:20	4	15:55	19	
Runde	3.47	21:49	6:17	4	2:52	5	2:52	17.35	1:49:50	6:19	4	18:47	17	14:04
Runde	3.47	22:10	6:23	4	2:41	5	2:41	20.82	2:12:00	6:20	4	21:28	19	
Runde	3.47	23:27	6:45	4	4:03	6	4:03	24.29	2:35:27	6:23	3	18:45	18	18:45
Runde	3.47	24:14	6:59	4	4:26	8	4:26	27.76	2:59:41	6:28	4	29:57	16	21:54
Runde	3.47	24:31	7:03	4	4:25	7	4:25	31.23	3:24:12	6:32	4	34:22	17	24:37
Runde	3.47	25:22	7:18	4	5:17	6	5:17	34.70	3:49:34	6:36	3	27:51	16	
Runde	3.47	25:17	7:17	4	4:58	6	4:58	38.17	4:14:51	6:40	4	44:37	18	
Runde	3.97	24:27	6:09	4	4:04	5	4:04	42.18	4:39:18	6:37	4	48:41	9	3:55:26