



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Gebes, Norbert

□□□: 4:42:34

□□: Bad Lauchstädt

□□: 8.92 km/h

□□: 90

□□□□: 6:42 min/km

□□: 42.18 km

□□□□□/□□□□: 102 (of 220)

Marathon

□□□□□/□: 96 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 14(of 38)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:42:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□□ -	□□□ □	□□□ □
Runde	3.47	19:28	5:36	8	3:36	59	5:00	3.47	19:28	5:36	33	97
Runde	3.47	21:12	6:06	14	5:30	107	6:36	6.94	40:40	5:51	33	97
Runde	3.47	21:48	6:16	16	5:42	110	6:52	10.41	1:02:28	6:00	26	11:20 86
Runde	3.47	23:03	6:38	22	6:25	136	7:57	13.88	1:25:31	6:09	32	82
Runde	3.47	23:08	6:39	20	6:20	123	7:53	17.35	1:48:39	6:15	31	96 3:21
Runde	3.47	24:03	6:55	20	7:02	132	8:37	20.82	2:12:42	6:22	30	85 3:09
Runde	3.47	24:29	7:03	19	7:04	122	9:22	24.29	2:37:11	6:28	31	84 52:01
Runde	3.47	25:06	7:14	20	7:15	118	9:23	27.76	3:02:17	6:33	35	175 56:45
Runde	3.47	25:30	7:20	18	6:34	99	9:16	31.23	3:27:47	6:39	32	75 1:10:40
Runde	3.47	25:57	7:28	17	4:27	99	9:23	34.70	3:53:44	6:44	19	86 1:20:00
Runde	3.47	24:29	7:03	8	3:20	48	7:37	38.17	4:18:13	6:45	32	85 1:27:30
Runde	3.97	24:21	6:08	9	3:24	56	7:30	42.18	4:42:34	6:41	14	1:00:19 99 3:20:45