



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Volkmer, Jan

00: clean clothes  
00: 317

00: 42.18 km  
Marathon

0000:  
Senioren M30 (30-34 Jahre)

000: 4:42:31

00: 8.96 km/h  
0000: 6:42 min/km

00000/000: 101 (of 220)

00000/0: 95 (of 194)

000000: 3:07:34

00000: 10(of 14)

0000000: 3:13:54

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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	19:58	5:45	11	4:52	68	5:30	3.47	19:58	5:45	10	4:52	98	
Runde	3.47	22:28	6:28	13	7:15	142	7:52	6.94	42:26	6:06	10	12:07	98	
Runde	3.47	22:21	6:26	12	7:15	130	7:25	10.41	1:04:47	6:13	13	19:22	169	
Runde	3.47	21:50	6:17	12	6:44	103	6:44	13.88	1:26:37	6:14	8	26:06	83	
Runde	3.47	21:54	6:18	12	6:39	96	6:39	17.35	1:48:31	6:15	10	32:45	97	3:13
Runde	3.47	22:36	6:30	12	6:59	98	7:10	20.82	2:11:07	6:17	14	39:44	191	1:34
Runde	3.47	23:01	6:37	10	7:33	87	7:54	24.29	2:34:08	6:20	9	47:17	85	48:58
Runde	3.47	23:48	6:51	10	7:44	86	8:05	27.76	2:57:56	6:24	9	52:24	91	52:24
Runde	3.47	25:13	7:16	10	8:30	93	8:59	31.23	3:23:09	6:30	9	1:03:31	63	1:06:02
Runde	3.47	24:58	7:11	8	8:00	77	8:24	34.70	3:48:07	6:34	9	1:11:31	87	1:14:23
Runde	3.47	26:52	7:44	10	8:15	98	10:00	38.17	4:14:59	6:40	8	1:19:46	86	1:24:16
Runde	3.97	27:32	6:56	10	8:51	118	10:41	42.18	4:42:31	6:41	10	1:28:37	98	3:20:42