



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Elbrecht, Heinz

00: Hillhunter-Hessen  
00: 66

00: 42.18 km  
Marathon

0000:  
Senioren M55 (55-59 Jahre)

000: 4:42:42

00: 8.91 km/h  
0000: 6:42 min/km

00000/000: 104 (of 220)

00000/0: 98 (of 194)

000000: 3:07:34

00000: 4(of 10)

0000000: 3:25:37

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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	21:25	6:10	5	5:03	122	6:57	3.47	21:25	6:10	4	5:03	99	
Runde	3.47	21:40	6:14	4	5:09	118	7:04	6.94	43:05	6:12	4	10:12	99	
Runde	3.47	22:06	6:22	4	5:33	121	7:10	10.41	1:05:11	6:15	9	15:45	171	
Runde	3.47	21:49	6:17	4	5:24	102	6:43	13.88	1:27:00	6:16	3	9:48	84	
Runde	3.47	22:44	6:33	4	6:14	112	7:29	17.35	1:49:44	6:19	4	27:23	98	4:26
Runde	3.47	23:09	6:40	4	6:31	108	7:43	20.82	2:12:53	6:22	4	33:54	86	3:20
Runde	3.47	23:48	6:51	4	6:25	110	8:41	24.29	2:36:41	6:27	4	40:19	86	51:31
Runde	3.47	24:52	7:09	5	7:20	112	9:09	27.76	3:01:33	6:32	4	47:39	92	56:01
Runde	3.47	25:14	7:16	3	7:06	95	9:00	31.23	3:26:47	6:37	3	54:45	77	1:09:40
Runde	3.47	25:31	7:21	4	7:47	85	8:57	34.70	3:52:18	6:41	4	1:02:32	88	1:18:34
Runde	3.47	26:01	7:29	4	8:15	80	9:09	38.17	4:18:19	6:46	4	1:10:47	87	1:27:36
Runde	3.97	24:23	6:08	3	6:18	57	7:32	42.18	4:42:42	6:42	4	1:17:05	101	3:20:53