



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Röschke, Dirk

□□: Hörselberg Runners

□□: 254

□□: 42.18 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:42:38

□□: 8.92 km/h

□□□□: 6:42 min/km

□□□□□/□□□: 103 (of 220)

□□□□□/□: 97 (of 194)

□□□□□□: 3:07:34

□□□□□: 25(of 42)

□□□□□□□: 3:33:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:59	6:20	33	5:40	138	7:31	3.47	21:59	6:20	4	1:41	101	
Runde	3.47	21:02	6:03	24	4:41	102	6:26	6.94	43:01	6:11	4	1:00	101	
Runde	3.47	21:03	6:03	23	4:35	95	6:07	10.41	1:04:04	6:09	39		165	
Runde	3.47	21:15	6:07	22	4:51	88	6:09	13.88	1:25:19	6:08	4		86	
Runde	3.47	22:33	6:29	24	6:28	106	7:18	17.35	1:47:52	6:13	4		100	2:34
Runde	3.47	22:23	6:27	22	5:32	94	6:57	20.82	2:10:15	6:15	41		188	0:42
Runde	3.47	21:07	6:05	16	3:35	54	6:00	24.29	2:31:22	6:13	4		88	46:12
Runde	3.47	23:01	6:37	19	5:30	75	7:18	27.76	2:54:23	6:16	8		94	48:51
Runde	3.47	25:42	7:24	27	7:59	103	9:28	31.23	3:20:05	6:24	4		79	1:02:58
Runde	3.47	26:21	7:35	28	7:27	103	9:47	34.70	3:46:26	6:31	4		90	1:12:42
Runde	3.47	28:41	8:15	34	8:06	132	11:49	38.17	4:15:07	6:41	4		89	1:24:24
Runde	3.97	27:31	6:55	32	7:28	116	10:40	42.18	4:42:38	6:42	25	1:09:29	100	3:20:49