



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

0000

Spinczyk, Ingo

00: TC Fiko Rostock
00: 282

00: 42.18 km
Marathon

0000:
Senioren M40 (40-44 Jahre)

000: 4:42:48

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

00000/000: 106 (of 220)

00000/0: 100 (of 194)

000000: 3:07:34

00000: 27(of 42)

0000000: 3:33:09

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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	20:58	6:02	26	4:39	108	6:30	3.47	20:58	6:02	5	0:40	102	
Runde	3.47	20:31	5:54	21	4:10	87	5:55	6.94	41:29	5:58	5		102	
Runde	3.47	20:49	5:59	21	4:21	85	5:53	10.41	1:02:18	5:59	7		88	
Runde	3.47	21:42	6:15	23	5:18	99	6:36	13.88	1:24:00	6:03	5		87	
Runde	3.47	22:56	6:36	30	6:51	117	7:41	17.35	1:46:56	6:09	5		101	1:38
Runde	3.47	23:25	6:44	29	6:34	115	7:59	20.82	2:10:21	6:15	5		88	0:48
Runde	3.47	23:22	6:44	29	5:50	102	8:15	24.29	2:33:43	6:19	5		89	48:33
Runde	3.47	24:44	7:07	31	7:13	109	9:01	27.76	2:58:27	6:25	9		95	52:55
Runde	3.47	26:04	7:30	31	8:21	116	9:50	31.23	3:24:31	6:32	5		80	1:07:24
Runde	3.47	26:19	7:35	27	7:25	102	9:45	34.70	3:50:50	6:39	5		91	1:17:06
Runde	3.47	25:52	7:27	21	5:17	77	9:00	38.17	4:16:42	6:43	5		90	1:25:59
Runde	3.97	26:06	6:34	26	6:03	97	9:15	42.18	4:42:48	6:42	27	1:09:39	103	3:20:59