



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Porstner, Dr. Thomas P.

□□□: 4:43:34

□□: GutsMuths-RLV

□□: 8.89 km/h

□□: 235

□□□□: 6:43 min/km

□□: 42.18 km

□□□□□/□□□: 108 (of 220)

Marathon

□□□□□/□: 102 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 16(of 38)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:42:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	19:41	5:40	9	3:49	64	5:13	3.47	19:41	5:40	35		103	
Runde	3.47	20:43	5:58	13	5:01	94	6:07	6.94	40:24	5:49	35		103	
Runde	3.47	21:28	6:11	15	5:22	105	6:32	10.41	1:01:52	5:56	29	10:44	152	
Runde	3.47	21:50	6:17	14	5:12	103	6:44	13.88	1:23:42	6:01	34		88	
Runde	3.47	21:46	6:16	13	4:58	91	6:31	17.35	1:45:28	6:04	33		102	0:10
Runde	3.47	22:46	6:33	15	5:45	101	7:20	20.82	2:08:14	6:09	36		183	
Runde	3.47	23:44	6:50	18	6:19	109	8:37	24.29	2:31:58	6:15	33		90	46:48
Runde	3.47	24:08	6:57	15	6:17	96	8:25	27.76	2:56:06	6:20	33		96	50:34
Runde	3.47	24:51	7:09	16	5:55	85	8:37	31.23	3:20:57	6:26	34		81	1:03:50
Runde	3.47	26:25	7:36	18	4:55	106	9:51	34.70	3:47:22	6:33	17		92	1:13:38
Runde	3.47	27:33	7:56	21	6:24	117	10:41	38.17	4:14:55	6:40	34		91	1:24:12
Runde	3.97	28:39	7:12	24	7:42	141	11:48	42.18	4:43:34	6:43	16	1:01:19	105	3:21:45