



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Broschinski, Andreas

□□□: 4:42:45

□□: Emder LG

□□: 8.91 km/h

□□: 47

□□□□: 6:42 min/km

□□: 42.18 km

□□□□□/□□□: 105 (of 220)

Marathon

□□□□□/□: 99 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 26(of 42)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:33:09

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	23:15	6:42	40	6:56	164	8:47	3.47	23:15	6:42	7	2:57	105	0:04
Runde	3.47	23:41	6:49	41	7:20	174	9:05	6.94	46:56	6:45	7	4:55	105	0:15
Runde	3.47	23:24	6:44	39	6:56	155	8:28	10.41	1:10:20	6:45	9	5:37	90	
Runde	3.47	22:41	6:32	31	6:17	125	7:35	13.88	1:33:01	6:42	7	6:54	90	
Runde	3.47	22:59	6:37	31	6:54	119	7:44	17.35	1:56:00	6:41	7	6:58	104	10:42
Runde	3.47	23:05	6:39	28	6:14	106	7:39	20.82	2:19:05	6:40	7	6:35	90	9:32
Runde	3.47	23:17	6:42	26	5:45	97	8:10	24.29	2:42:22	6:41	7	4:42	92	57:12
Runde	3.47	23:50	6:52	26	6:19	89	8:07	27.76	3:06:12	6:42	41	1:47	185	1:00:40
Runde	3.47	23:54	6:53	20	6:11	71	7:40	31.23	3:30:06	6:43	7		83	1:12:59
Runde	3.47	24:09	6:57	16	5:15	58	7:35	34.70	3:54:15	6:45	7		94	1:20:31
Runde	3.47	24:43	7:07	14	4:08	53	7:51	38.17	4:18:58	6:47	7		93	1:28:15
Runde	3.97	23:47	5:59	11	3:44	46	6:56	42.18	4:42:45	6:42	26	1:09:36	102	3:20:56