



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Henke, Thomas

□□□: 4:45:15

□□: Berlin

□□: 8.83 km/h

□□: 122

□□□□: 6:46 min/km

□□: 42.18 km

□□□□□/□□□: 113 (of 220)

Marathon

□□□□□/□: 106 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 29(of 42)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:33:09

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:52	6:00	25	4:33	102	6:24	3.47	20:52	6:00	8	0:34	108	
Runde	3.47	21:06	6:04	25	4:45	104	6:30	6.94	41:58	6:02	8		108	
Runde	3.47	21:50	6:17	26	5:22	112	6:54	10.41	1:03:48	6:07	38		159	
Runde	3.47	22:21	6:26	29	5:57	118	7:15	13.88	1:26:09	6:12	8	0:02	93	
Runde	3.47	21:51	6:17	21	5:46	92	6:36	17.35	1:48:00	6:13	8		107	2:42
Runde	3.47	22:56	6:36	26	6:05	104	7:30	20.82	2:10:56	6:17	42		189	1:23
Runde	3.47	23:48	6:51	31	6:16	110	8:41	24.29	2:34:44	6:22	8		95	49:34
Runde	3.47	25:03	7:13	33	7:32	117	9:20	27.76	2:59:47	6:28	34		168	54:15
Runde	3.47	25:32	7:21	26	7:49	100	9:18	31.23	3:25:19	6:34	8		86	1:08:12
Runde	3.47	26:04	7:30	26	7:10	100	9:30	34.70	3:51:23	6:40	8		97	1:17:39
Runde	3.47	27:06	7:48	28	6:31	104	10:14	38.17	4:18:29	6:46	8		96	1:27:46
Runde	3.97	26:46	6:44	29	6:43	110	9:55	42.18	4:45:15	6:45	29	1:12:06	109	3:23:26