



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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**Niemann, Carsten**

□□□: 4:47:14

□□: TC FIKO Rostock

□□: 8.77 km/h

□□: 216

□□□□: 6:49 min/km

□□: 42.18 km

□□□□□/□□□: 118 (of 220)

Marathon

□□□□□/□: 109 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 31(of 42)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:33:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:26	6:10	30	5:07	123	6:58	3.47	21:26	6:10	10	1:08	110	
Runde	3.47	21:14	6:07	27	4:53	108	6:38	6.94	42:40	6:08	10	0:39	110	
Runde	3.47	22:03	6:21	28	5:35	118	7:07	10.41	1:04:43	6:13	1	-	93	
Runde	3.47	22:19	6:25	27	5:55	114	7:13	13.88	1:27:02	6:16	10	0:55	95	
Runde	3.47	22:36	6:30	26	6:31	108	7:21	17.35	1:49:38	6:19	10	0:36	109	4:20
Runde	3.47	22:59	6:37	27	6:08	105	7:33	20.82	2:12:37	6:22	9	0:07	93	3:04
Runde	3.47	23:20	6:43	27	5:48	100	8:13	24.29	2:35:57	6:25	10		97	50:47
Runde	3.47	23:57	6:54	27	6:26	91	8:14	27.76	2:59:54	6:28	35		169	54:22
Runde	3.47	26:26	7:37	32	8:43	120	10:12	31.23	3:26:20	6:36	10		88	1:09:13
Runde	3.47	27:43	7:59	32	8:49	127	11:09	34.70	3:54:03	6:44	10		99	1:20:19
Runde	3.47	27:13	7:50	30	6:38	108	10:21	38.17	4:21:16	6:50	10		98	1:30:33
Runde	3.97	25:58	6:32	25	5:55	94	9:07	42.18	4:47:14	6:48	31	1:14:05	112	3:25:25