



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Mania, Wieslaw

□□□: 4:47:49

□□: Bremen

□□: 8.76 km/h

□□: 190

□□□□: 6:49 min/km

□□: 42.18 km

□□□□□/□□□: 119 (of 220)

Marathon

□□□□□/□: 110 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 17(of 38)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:42:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	17:34	5:03	4	1:42	34	3:06	3.47	17:34	5:03	36		111	
Runde	3.47	18:11	5:14	4	2:29	42	3:35	6.94	35:45	5:09	36		111	
Runde	3.47	18:44	5:23	4	2:38	42	3:48	10.41	54:29	5:14	15	3:21	94	
Runde	3.47	20:13	5:49	9	3:35	73	5:07	13.88	1:14:42	5:22	35		96	
Runde	3.47	22:06	6:22	16	5:18	102	6:51	17.35	1:36:48	5:34	34		110	
Runde	3.47	24:00	6:54	19	6:59	131	8:34	20.82	2:00:48	5:48	34		173	
Runde	3.47	25:47	7:25	24	8:22	145	10:40	24.29	2:26:35	6:02	34		47	41:25
Runde	3.47	31:14	9:00	38	13:23	189	15:31	27.76	2:57:49	6:24	34		98	52:17
Runde	3.47	25:51	7:26	21	6:55	111	9:37	31.23	3:23:40	6:31	35		89	1:06:33
Runde	3.47	26:54	7:45	22	5:24	114	10:20	34.70	3:50:34	6:38	22		100	1:16:50
Runde	3.47	28:11	8:07	25	7:02	127	11:19	38.17	4:18:45	6:46	35		99	1:28:02
Runde	3.97	29:04	7:19	26	8:07	152	12:13	42.18	4:47:49	6:49	17	1:05:34	113	3:26:00