



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

0000

Förkel, Detlev

00: LC Auensee Leipzig

00: 82

00: 42.18 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:47:08

00: 8.78 km/h

0000: 6:49 min/km

00000/000: 116 (of 220)

00000/0: 108 (of 194)

000000: 3:07:34

00000: 25(of 44)

0000000: 3:33:12

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	3.47	16:19	4:42	2	0:09	9	1:51	3.47	16:19	4:42	3	-	14	
Runde	3.47	17:01	4:54	5	1:00	14	2:25	6.94	33:20	4:48	3	-	112	
Runde	3.47	22:48	6:34	35	6:49	139	7:52	10.41	56:08	5:23	6	-	95	
Runde	3.47	19:21	5:34	11	2:51	50	4:15	13.88	1:15:29	5:26	3	-	97	
Runde	3.47	19:51	5:43	12	2:49	56	4:36	17.35	1:35:20	5:29	4	-	111	
Runde	3.47	21:27	6:10	16	4:31	77	6:01	20.82	1:56:47	5:36	4	-	57	
Runde	3.47	24:57	7:11	30	7:26	126	9:50	24.29	2:21:44	5:50	4	-	99	36:34
Runde	3.47	24:01	6:55	20	6:18	93	8:18	27.76	2:45:45	5:58	6	-	99	40:13
Runde	3.47	30:29	8:47	40	12:02	172	14:15	31.23	3:16:14	6:17	3	-	90	59:07
Runde	3.47	29:52	8:36	36	10:33	159	13:18	34.70	3:46:06	6:30	5	-	101	1:12:22
Runde	3.47	30:34	8:48	35	11:33	154	13:42	38.17	4:16:40	6:43	4	-	100	1:25:57
Runde	3.97	30:28	7:40	36	11:51	163	13:37	42.18	4:47:08	6:48	25	1:13:56	111	3:25:19