



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Sziburis, Sven

□□□: 4:48:00

□□: Beuna

□□: 8.75 km/h

□□: 303

□□□□: 6:50 min/km

□□: 42.18 km

□□□□□/□□□: 120 (of 220)

Marathon

□□□□□/□: 111 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 26(of 44)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:33:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	22:53	6:35	35	6:43	155	8:25	3.47	22:53	6:35	4	1:55	113	
Runde	3.47	22:32	6:29	33	6:31	143	7:56	6.94	45:25	6:32	4	4:07	113	
Runde	3.47	22:16	6:25	30	6:17	127	7:20	10.41	1:07:41	6:30	7		96	
Runde	3.47	22:58	6:37	32	6:28	134	7:52	13.88	1:30:39	6:31	4	7:33	98	
Runde	3.47	23:17	6:42	28	6:15	129	8:02	17.35	1:53:56	6:34	5		112	8:38
Runde	3.47	23:34	6:47	28	6:38	119	8:08	20.82	2:17:30	6:36	5		95	7:57
Runde	3.47	24:06	6:56	26	6:35	114	8:59	24.29	2:41:36	6:39	5		100	56:26
Runde	3.47	24:21	7:01	22	6:38	100	8:38	27.76	3:05:57	6:41	40		181	1:00:25
Runde	3.47	25:15	7:16	20	6:48	96	9:01	31.23	3:31:12	6:45	4		91	1:14:05
Runde	3.47	25:31	7:21	20	6:12	85	8:57	34.70	3:56:43	6:49	6		102	1:22:59
Runde	3.47	26:17	7:34	21	7:16	85	9:25	38.17	4:23:00	6:53	5		101	1:32:17
Runde	3.97	25:00	6:17	15	6:23	72	8:09	42.18	4:48:00	6:49	26	1:14:48	114	3:26:11