



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Monath, Vanessa

□□: Berlin
 □□: 202

□□: 42.18 km
 Marathon

□□□□:
 Seniorinnen W30 (30-34 Jahre)

□□□: 4:48:21

□□: 8.74 km/h
 □□□□: 6:50 min/km

□□□□□/□□□□: 121 (of 220)

□□□□□/□: 10 (of 26)

□□□□□□: 3:50:37

□□□□□: 1(of 1)

□□□□□□□: 4:48:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:58	6:19	1	-	11	4:33	3.47	21:58	6:19	1	-	15	0:09
Runde	3.47	21:06	6:04	1	-	7	3:37	6.94	43:04	6:12	1	-	15	
Runde	3.47	21:30	6:11	1	-	7	3:21	10.41	1:04:34	6:12	1	-	12	11:31
Runde	3.47	21:35	6:13	1	-	6	2:32	13.88	1:26:09	6:12	1	-	15	
Runde	3.47	22:50	6:34	1	-	9	3:53	17.35	1:48:59	6:16	1	-	13	13:13
Runde	3.47	23:20	6:43	1	-	7	3:51	20.82	2:12:19	6:21	1	-	15	
Runde	3.47	24:10	6:57	1	-	11	4:46	24.29	2:36:29	6:26	1	-	14	19:47
Runde	3.47	25:29	7:20	1	-	12	5:41	27.76	3:01:58	6:33	1	-	21	24:11
Runde	3.47	26:23	7:36	1	-	12	6:17	31.23	3:28:21	6:40	1	-	13	28:46
Runde	3.47	27:01	7:47	1	-	11	6:56	34.70	3:55:22	6:46	1	-	12	
Runde	3.47	27:37	7:57	1	-	14	7:18	38.17	4:22:59	6:53	1	-	14	
Runde	3.97	25:22	6:23	1	-	8	4:59	42.18	4:48:21	6:50	1	-	13	4:04:29