



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

0000

Frommert, Henry

000: 4:51:03

00: LT Cloversoft

00: 8.66 km/h

00: 86

0000: 6:54 min/km

00: 42.18 km

00000/000: 126 (of 220)

Marathon

00000/0: 115 (of 194)

000000: 3:07:34

0000:

00000: 18(of 38)

Senioren M50 (50-54 Jahre)

0000000: 3:42:15

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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	24:08	6:57	35	8:16	180	9:40	3.47	24:08	6:57	37	3:14	116	0:57
Runde	3.47	23:29	6:46	32	7:47	167	8:53	6.94	47:37	6:51	37	3:23	116	0:56
Runde	3.47	23:40	6:49	28	7:34	165	8:44	10.41	1:11:17	6:50	38	20:09	193	
Runde	3.47	22:30	6:29	18	5:52	121	7:24	13.88	1:33:47	6:45	36	2:41	101	
Runde	3.47	23:42	6:49	25	6:54	142	8:27	17.35	1:57:29	6:46	25	0:39	115	12:11
Runde	3.47	23:10	6:40	16	6:09	109	7:44	20.82	2:20:39	6:45	32	0:39	98	11:06
Runde	3.47	23:33	6:47	16	6:08	105	8:26	24.29	2:44:12	6:45	10		103	59:02
Runde	3.47	23:59	6:54	13	6:08	92	8:16	27.76	3:08:11	6:46	37		188	1:02:39
Runde	3.47	24:42	7:07	15	5:46	83	8:28	31.23	3:32:53	6:48	20		94	1:15:46
Runde	3.47	25:26	7:19	14	3:56	83	8:52	34.70	3:58:19	6:52	16		105	1:24:35
Runde	3.47	26:11	7:32	13	5:02	84	9:19	38.17	4:24:30	6:55	36		104	1:33:47
Runde	3.97	26:33	6:41	15	5:36	105	9:42	42.18	4:51:03	6:54	18	1:08:48	118	3:29:14