



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Bahn, Ronald

□□□: 4:50:05

□□: Erdinger alkoholfrei

□□: 8.69 km/h

□□: 13

□□□□: 6:53 min/km

□□: 42.18 km

□□□□□/□□□: 123 (of 220)

Marathon

□□□□□/□: 112 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 11(of 14)

Senioren M30 (30-34 Jahre)

□□□□□□□: 3:13:54

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	17:40	5:05	5	2:34	36	3:12	3.47	17:40	5:05	12	2:34	117	
Runde	3.47	17:55	5:09	5	2:42	32	3:19	6.94	35:35	5:07	12	5:16	24	
Runde	3.47	20:44	5:58	11	5:38	83	5:48	10.41	56:19	5:24	11	10:54	99	
Runde	3.47	21:19	6:08	11	6:13	91	6:13	13.88	1:17:38	5:35	10	17:07	102	
Runde	3.47	21:04	6:04	11	5:49	76	5:49	17.35	1:38:42	5:41	12	22:56	116	
Runde	3.47	22:17	6:25	11	6:40	92	6:51	20.82	2:00:59	5:48	13	29:36	174	
Runde	3.47	26:12	7:33	12	10:44	155	11:05	24.29	2:27:11	6:03	11	40:20	104	42:01
Runde	3.47	26:46	7:42	12	10:42	148	11:03	27.76	2:53:57	6:15	11	48:25	102	48:25
Runde	3.47	29:18	8:26	12	12:35	161	13:04	31.23	3:23:15	6:30	11	1:03:37	95	1:06:08
Runde	3.47	25:30	7:20	9	8:32	84	8:56	34.70	3:48:45	6:35	11	1:12:09	106	1:15:01
Runde	3.47	29:07	8:23	11	10:30	143	12:15	38.17	4:17:52	6:45	10	1:22:39	105	1:27:09
Runde	3.97	32:13	8:06	14	13:32	176	15:22	42.18	4:50:05	6:52	11	1:36:11	115	3:28:16