



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Biesel, Rene

□□: Bad Saulgau
 □□: 352

□□: 42.18 km
 Marathon

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 4:51:51

□□: 8.63 km/h
 □□□□: 6:55 min/km

□□□□□/□□□: 132 (of 220)

□□□□□/□: 121 (of 194)

□□□□□□: 3:07:34

□□□□□: 15(of 24)

□□□□□□□: 3:07:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	23:25	6:44	22	8:57	174	8:57	3.47	23:25	6:44	10	5:22	122	0:14
Runde	3.47	22:53	6:35	22	8:17	154	8:17	6.94	46:18	6:40	10	9:04	122	
Runde	3.47	22:02	6:20	19	7:06	117	7:06	10.41	1:08:20	6:33	4	11:09	101	
Runde	3.47	22:35	6:30	18	7:16	122	7:29	13.88	1:30:55	6:33	10	12:51	107	
Runde	3.47	22:16	6:25	16	6:58	105	7:01	17.35	1:53:11	6:31	9	13:06	121	7:53
Runde	3.47	23:28	6:45	16	8:02	116	8:02	20.82	2:16:39	6:33	9	13:22	102	7:06
Runde	3.47	23:38	6:48	12	8:31	107	8:31	24.29	2:40:17	6:35	10	12:34	109	55:07
Runde	3.47	25:35	7:22	15	9:52	124	9:52	27.76	3:05:52	6:41	23	13:51	180	1:00:20
Runde	3.47	25:55	7:28	14	9:41	112	9:41	31.23	3:31:47	6:46	9	51:03	100	1:14:40
Runde	3.47	26:55	7:45	13	10:18	116	10:21	34.70	3:58:42	6:52	6	16:12	111	1:24:58
Runde	3.47	27:42	7:58	16	10:43	123	10:50	38.17	4:26:24	6:58	9	1:01:57	110	1:35:41
Runde	3.97	25:27	6:24	14	8:36	84	8:36	42.18	4:51:51	6:55	16	2:17:04	124	3:30:02