



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

0000

Liebethuth, Horst

00: Privattrainer.de
00: 348

00: 42.18 km
Marathon

0000:
Senioren M45 (45-49 Jahre)

000: 4:54:36

00: 8.55 km/h
0000: 6:59 min/km

00000/0000: 137 (of 220)

00000/0: 125 (of 194)

000000: 3:07:34

00000: 28(of 44)

0000000: 3:33:12

0000

0000

000

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	21:14	6:07	27	5:04	116	6:46	3.47	21:14	6:07	6	0:16	127	
Runde	3.47	21:20	6:08	26	5:19	110	6:44	6.94	42:34	6:08	6	1:16	127	
Runde	3.47	21:18	6:08	23	5:19	98	6:22	10.41	1:03:52	6:08	34		161	
Runde	3.47	22:20	6:26	28	5:50	116	7:14	13.88	1:26:12	6:12	6	3:06	112	
Runde	3.47	23:47	6:51	33	6:45	144	8:32	17.35	1:49:59	6:20	7		126	4:41
Runde	3.47	24:53	7:10	34	7:57	153	9:27	20.82	2:14:52	6:28	7		105	5:19
Runde	3.47	25:10	7:15	31	7:39	130	10:03	24.29	2:40:02	6:35	7		114	54:52
Runde	3.47	26:08	7:31	30	8:25	137	10:25	27.76	3:06:10	6:42	42		184	1:00:38
Runde	3.47	27:16	7:51	26	8:49	134	11:02	31.23	3:33:26	6:50	6		105	1:16:19
Runde	3.47	26:57	7:45	24	7:38	118	10:23	34.70	4:00:23	6:55	8		116	1:26:39
Runde	3.47	28:24	8:11	29	9:23	130	11:32	38.17	4:28:47	7:02	7		115	1:38:04
Runde	3.97	25:49	6:30	20	7:12	91	8:58	42.18	4:54:36	6:59	28	1:21:24	128	3:32:47