



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Althaber-Güth, Frank

□□□: 4:55:35

□□: Oranienburg

□□: 8.53 km/h

□□: 4

□□□□: 7:01 min/km

□□: 42.18 km

□□□□□/□□□: 139 (of 220)

Marathon

□□□□□/□: 127 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 22(of 38)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:42:15

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	22:15	6:24	26	6:23	143	7:47	3.47	22:15	6:24	3	1:21	130	
Runde	3.47	22:19	6:25	22	6:37	139	7:43	6.94	44:34	6:25	3	0:20	130	
Runde	3.47	22:04	6:21	17	5:58	119	7:08	10.41	1:06:38	6:24	13	15:30	104	
Runde	3.47	22:39	6:31	19	6:01	124	7:33	13.88	1:29:17	6:25	3		115	
Runde	3.47	23:05	6:39	19	6:17	122	7:50	17.35	1:52:22	6:28	5		129	7:04
Runde	3.47	24:15	6:59	23	7:14	136	8:49	20.82	2:16:37	6:33	3		107	7:04
Runde	3.47	25:07	7:14	20	7:42	129	10:00	24.29	2:41:44	6:39	5		117	56:34
Runde	3.47	25:48	7:26	23	7:57	130	10:05	27.76	3:07:32	6:45	3		109	1:02:00
Runde	3.47	26:33	7:39	24	7:37	124	10:19	31.23	3:34:05	6:51	4		108	1:16:58
Runde	3.47	27:13	7:50	25	5:43	120	10:39	34.70	4:01:18	6:57	12	2:51	119	1:27:34
Runde	3.47	27:35	7:56	22	6:26	120	10:43	38.17	4:28:53	7:02	3		118	1:38:10
Runde	3.97	26:42	6:43	18	5:45	109	9:51	42.18	4:55:35	7:00	22	1:13:20	130	3:33:46