



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Binias, Jürgen

□□: LC Duisburg
 □□: 35

□□: 42.18 km
 Marathon

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 4:56:20

□□: 8.50 km/h
 □□□□: 7:01 min/km

□□□□□/□□□: 143 (of 220)

□□□□□/□: 130 (of 194)

□□□□□□: 3:07:34

□□□□□: 24(of 38)

□□□□□□□: 3:42:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:35	6:13	23	5:43	127	7:07	3.47	21:35	6:13	4	0:41	131	
Runde	3.47	23:09	6:40	26	7:27	157	8:33	6.94	44:44	6:26	4	0:30	131	
Runde	3.47	23:08	6:39	25	7:02	148	8:12	10.41	1:07:52	6:31	34	16:44	178	
Runde	3.47	23:24	6:44	26	6:46	150	8:18	13.88	1:31:16	6:34	4	0:10	116	
Runde	3.47	23:25	6:44	21	6:37	134	8:10	17.35	1:54:41	6:36	6		130	9:23
Runde	3.47	24:14	6:59	22	7:13	135	8:48	20.82	2:18:55	6:40	4		108	9:22
Runde	3.47	26:15	7:33	27	8:50	156	11:08	24.29	2:45:10	6:47	6		118	1:00:00
Runde	3.47	24:31	7:03	16	6:40	103	8:48	27.76	3:09:41	6:49	4		110	1:04:09
Runde	3.47	24:35	7:05	13	5:39	79	8:21	31.23	3:34:16	6:51	5		109	1:17:09
Runde	3.47	26:49	7:43	20	5:19	111	10:15	34.70	4:01:05	6:56	33	2:38	178	1:27:21
Runde	3.47	27:27	7:54	20	6:18	115	10:35	38.17	4:28:32	7:02	4		119	1:37:49
Runde	3.97	27:48	7:00	20	6:51	125	10:57	42.18	4:56:20	7:01	24	1:14:05	133	3:34:31