



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Grittner, Werner

□□: LC Duisburg

□□: 101

□□: 42.18 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:56:19

□□: 8.50 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 142 (of 220)

□□□□□/□: 129 (of 194)

□□□□□□: 3:07:34

□□□□□: 23(of 38)

□□□□□□□: 3:42:15

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	21:34	6:12	22	5:42	125	7:06	3.47	21:34	6:12	5	0:40	132	
Runde	3.47	23:10	6:40	27	7:28	158	8:34	6.94	44:44	6:26	4	0:30	131	
Runde	3.47	23:07	6:39	24	7:01	147	8:11	10.41	1:07:51	6:31	33	16:43	177	
Runde	3.47	23:25	6:44	27	6:47	152	8:19	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	24:13	6:58	21	7:12	134	8:47	20.82	2:18:54	6:40	5		109	9:21
Runde	3.47	26:16	7:34	28	8:51	157	11:09	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	24:34	7:04	12	5:38	78	8:20	31.23	3:34:15	6:51	6		110	1:17:08
Runde	3.47	26:50	7:43	21	5:20	113	10:16	34.70	4:01:05	6:56	33	2:38	178	1:27:21
Runde	3.47	27:26	7:54	19	6:17	113	10:34	38.17	4:28:31	7:02	5		120	1:37:48
Runde	3.97	27:48	7:00	20	6:51	125	10:57	42.18	4:56:19	7:01	23	1:14:04	132	3:34:30