



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

0000

Meyer, Dirk

00: Cityrunning.ch

00: 195

00: 42.18 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:56:40

00: 8.49 km/h

0000: 7:02 min/km

00000/0000: 144 (of 220)

00000/0: 131 (of 194)

000000: 3:07:34

00000: 29(of 44)

0000000: 3:33:12

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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	24:07	6:57	41	7:57	179	9:39	3.47	24:07	6:57	7	3:09	133	0:56
Runde	3.47	23:25	6:44	39	7:24	166	8:49	6.94	47:32	6:50	7	6:14	133	0:51
Runde	3.47	22:34	6:30	34	6:35	137	7:38	10.41	1:10:06	6:44	43		189	
Runde	3.47	22:38	6:31	29	6:08	123	7:32	13.88	1:32:44	6:40	7	9:38	118	
Runde	3.47	23:15	6:42	27	6:13	128	8:00	17.35	1:55:59	6:41	8		132	10:41
Runde	3.47	23:38	6:48	30	6:42	121	8:12	20.82	2:19:37	6:42	8		110	10:04
Runde	3.47	24:46	7:08	29	7:15	124	9:39	24.29	2:44:23	6:46	8		120	59:13
Runde	3.47	26:37	7:40	32	8:54	143	10:54	27.76	3:11:00	6:52	44		191	1:05:28
Runde	3.47	25:43	7:24	23	7:16	104	9:29	31.23	3:36:43	6:56	7	3:11	111	1:19:36
Runde	3.47	26:15	7:33	23	6:56	101	9:41	34.70	4:02:58	7:00	43		180	1:29:14
Runde	3.47	26:37	7:40	23	7:36	92	9:45	38.17	4:29:35	7:03	8		121	1:38:52
Runde	3.97	27:05	6:49	24	8:28	114	10:14	42.18	4:56:40	7:02	29	1:23:28	134	3:34:51