



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Oppenhäuser, Andreas

□□□: 4:56:50

□□: Nordhausen

□□: 8.49 km/h

□□: 222

□□□□: 7:02 min/km

□□: 42.18 km

□□□□□/□□□: 145 (of 220)

Marathon

□□□□□/□: 132 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 25(of 38)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:42:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:22	5:52	11	4:30	86	5:54	3.47	20:22	5:52	6		134	
Runde	3.47	22:09	6:22	21	6:27	133	7:33	6.94	42:31	6:07	6		134	
Runde	3.47	23:05	6:39	23	6:59	145	8:09	10.41	1:05:36	6:18	12	14:28	105	
Runde	3.47	23:43	6:50	29	7:05	157	8:37	13.88	1:29:19	6:26	6		119	
Runde	3.47	24:29	7:03	31	7:41	163	9:14	17.35	1:53:48	6:33	8		133	8:30
Runde	3.47	25:10	7:15	29	8:09	156	9:44	20.82	2:18:58	6:40	6		111	9:25
Runde	3.47	25:40	7:23	23	8:15	142	10:33	24.29	2:44:38	6:46	8		121	59:28
Runde	3.47	26:11	7:32	26	8:20	138	10:28	27.76	3:10:49	6:52	38		190	1:05:17
Runde	3.47	27:09	7:49	27	8:13	131	10:55	31.23	3:37:58	6:58	7		112	1:20:51
Runde	3.47	26:54	7:45	22	5:24	114	10:20	34.70	4:04:52	7:03	35	6:25	182	1:31:08
Runde	3.47	26:37	7:40	15	5:28	92	9:45	38.17	4:31:29	7:06	6		122	1:40:46
Runde	3.97	25:21	6:23	12	4:24	81	8:30	42.18	4:56:50	7:02	25	1:14:35	135	3:35:01