



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Stöger, Josef

□□□: 4:57:08

□□: Runtasia

□□: 8.48 km/h

□□: 293

□□□□: 7:02 min/km

□□: 42.18 km

□□□□□/□□□: 146 (of 220)

Marathon

□□□□□/□: 133 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 2(of 6)

Senioren M60 (60-64 Jahre)

□□□□□□□: 4:50:35

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	22:52	6:35	2	1:36	153	8:24	3.47	22:52	6:35	3	-	-	135
Runde	3.47	21:58	6:19	2	0:05	128	7:22	6.94	44:50	6:27	3	-	-	135
Runde	3.47	23:22	6:44	3	1:58	154	8:26	10.41	1:08:12	6:33	4	-	-	182
Runde	3.47	23:18	6:42	3	2:11	148	8:12	13.88	1:31:30	6:35	3	-	-	120
Runde	3.47	22:54	6:35	2	1:28	115	7:39	17.35	1:54:24	6:35	2	7:18	134	9:06
Runde	3.47	23:15	6:42	2	1:53	113	7:49	20.82	2:17:39	6:36	2	9:11	112	8:06
Runde	3.47	24:09	6:57	2	2:56	115	9:02	24.29	2:41:48	6:39	2	12:07	122	56:38
Runde	3.47	25:01	7:12	2	2:14	116	9:18	27.76	3:06:49	6:43	4	14:21	187	1:01:17
Runde	3.47	25:47	7:25	2	2:09	108	9:33	31.23	3:32:36	6:48	2	16:30	99	1:15:29
Runde	3.47	27:18	7:52	3	1:32	123	10:44	34.70	3:59:54	6:54	4	18:02	176	1:26:10
Runde	3.47	30:54	8:54	4	3:27	159	14:02	38.17	4:30:48	7:05	2	20:03	123	1:40:05
Runde	3.97	26:20	6:37	1	-	99	9:29	42.18	4:57:08	7:02	4	3:35:19	136	3:35:19