



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Sommer, Heiko

□□□: 4:57:56

□□: UMSEMA Gersthofen

□□: 8.46 km/h

□□: 277

□□□□: 7:04 min/km

□□: 42.18 km

□□□□□/□□□□: 148 (of 220)

Marathon

□□□□□/□: 135 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 36(of 42)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:33:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	23:14	6:41	39	6:55	162	8:46	3.47	23:14	6:41	15	2:56	137	0:03
Runde	3.47	22:13	6:24	35	5:52	137	7:37	6.94	45:27	6:32	15	3:26	137	
Runde	3.47	22:11	6:23	30	5:43	123	7:15	10.41	1:07:38	6:29	12	2:55	107	
Runde	3.47	21:51	6:17	25	5:27	105	6:45	13.88	1:29:29	6:26	15	3:22	122	
Runde	3.47	22:15	6:24	23	6:10	104	7:00	17.35	1:51:44	6:26	15	2:42	136	6:26
Runde	3.47	22:25	6:27	24	5:34	96	6:59	20.82	2:14:09	6:26	14	1:39	114	4:36
Runde	3.47	23:13	6:41	25	5:41	95	8:06	24.29	2:37:22	6:28	15		124	52:12
Runde	3.47	23:45	6:50	23	6:14	85	8:02	27.76	3:01:07	6:31	38		173	55:35
Runde	3.47	26:26	7:37	32	8:43	120	10:12	31.23	3:27:33	6:38	15		115	1:10:26
Runde	3.47	28:02	8:04	34	9:08	134	11:28	34.70	3:55:35	6:47	15		120	1:21:51
Runde	3.47	30:52	8:53	39	10:17	158	14:00	38.17	4:26:27	6:58	15	2:21	125	1:35:44
Runde	3.97	31:29	7:55	40	11:26	170	14:38	42.18	4:57:56	7:03	36	1:24:47	138	3:36:07