



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Slusarek, Martin

□□□: 4:58:26

□□: Assel on the Road

□□: 8.44 km/h

□□: 275

□□□□: 7:04 min/km

□□: 42.18 km

□□□□□/□□□: 149 (of 220)

Marathon

□□□□□/□: 136 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 10(of 13)

Männer (20-29 Jahre)

□□□□□□□: 3:23:57

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	21:42	6:15	10	5:29	132	7:14	3.47	21:42	6:15	10	3:54	138	
Runde	3.47	20:58	6:02	10	4:25	98	6:22	6.94	42:40	6:08	10	8:19	110	
Runde	3.47	20:49	5:59	9	4:15	85	5:53	10.41	1:03:29	6:05	10	12:34	38	
Runde	3.47	21:07	6:05	9	4:31	85	6:01	13.88	1:24:36	6:05	9	17:05	123	
Runde	3.47	21:51	6:17	9	4:41	92	6:36	17.35	1:46:27	6:08	10	21:46	137	1:09
Runde	3.47	22:21	6:26	9	5:35	93	6:55	20.82	2:08:48	6:11	13	27:21	184	
Runde	3.47	23:36	6:48	9	6:25	106	8:29	24.29	2:32:24	6:16	10	33:46	125	47:14
Runde	3.47	26:41	7:41	10	9:35	145	10:58	27.76	2:59:05	6:27	10	43:21	113	53:33
Runde	3.47	29:12	8:24	11	12:13	159	12:58	31.23	3:28:17	6:40	7	55:34	116	1:11:10
Runde	3.47	30:20	8:44	11	13:46	163	13:46	34.70	3:58:37	6:52	10	1:09:20	121	1:24:53
Runde	3.47	31:13	8:59	10	14:21	160	14:21	38.17	4:29:50	7:04	9	55:47	126	1:39:07
Runde	3.97	28:36	7:12	10	10:48	140	11:45	42.18	4:58:26	7:04	10	1:34:29	139	3:36:37