12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Zehentner, Martin

□□: 1.LC-Parndorf
□□: 345

□□: 42.18 km
Marathon

□□□□:
Senioren M35 (35-39 Jahre)

□□□: 4:58:57

□□: 8.47 km/h
□□□□: 7:05 min/km

□□□□□/□□□: 153 (of 220)
□□□□□/□: 139 (of 194)
□□□□□□: 3:07:34
□□□□□: 18(of 24)
□□□□□□□: 3:07:34

□□□□ □□□□ □□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:09	6:05	15	6:41	112	6:41	3.47	21:09	6:05	7	3:06	141	
Runde	3.47	21:57	6:19	17	7:21	127	7:21	6.94	43:06	6:12	7	5:52	141	
Runde	3.47	22:59	6:37	21	8:03	144	8:03	10.41	1:06:05	6:20	22	8:54	174	
Runde	3.47	24:56	7:11	24	9:37	179	9:50	13.88	1:31:01	6:33	7	12:57	126	
Runde	3.47	24:41	7:06	22	9:23	166	9:26	17.35	1:55:42	6:40	6	15:37	140	10:24
Runde	3.47	24:33	7:04	21	9:07	149	9:07	20.82	2:20:15	6:44	7	16:58	117	10:42
Runde	3.47	26:04	7:30	20	10:57	148	10:57	24.29	2:46:19	6:50	7	18:36	128	1:01:09
Runde	3.47	25:49	7:26	16	10:06	132	10:06	27.76	3:12:08	6:55	7	20:07	115	1:06:36
Runde	3.47	26:23	7:36	15	10:09	119	10:09	31.23	3:38:31	6:59	6	57:47	119	1:21:24
Runde	3.47	26:38	7:40	12	10:01	107	10:04	34.70	4:05:09	7:03	20	22:39	183	1:31:25
Runde	3.47	27:21	7:52	13	10:22	112	10:29	38.17	4:32:30	7:08	6	1:08:03	129	1:41:47
Runde	3.97	26:27	6:39	16	9:36	102	9:36	42.18	4:58:57	7:05	19	2:24:10	142	3:37:08