



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Schädlich, Maik

□□: Zschorlau

□□: 261

□□: 42.18 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 5:00:47

□□: 8.38 km/h

□□□□: 7:08 min/km

□□□□□/□□□: 154 (of 220)

□□□□□/□: 140 (of 194)

□□□□□□: 3:07:34

□□□□□: 26(of 38)

□□□□□□□: 3:42:15

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	21:33	6:12	21	5:41	124	7:05	3.47	21:33	6:12	7	0:39	142	
Runde	3.47	23:15	6:42	29	7:33	161	8:39	6.94	44:48	6:27	7	0:34	142	
Runde	3.47	24:08	6:57	33	8:02	174	9:12	10.41	1:08:56	6:37	35	17:48	185	
Runde	3.47	24:36	7:05	32	7:58	176	9:30	13.88	1:33:32	6:44	7	2:26	127	
Runde	3.47	25:27	7:20	33	8:39	176	10:12	17.35	1:58:59	6:51	9	2:09	141	13:41
Runde	3.47	24:35	7:05	26	7:34	150	9:09	20.82	2:23:34	6:53	7	3:34	118	14:01
Runde	3.47	25:16	7:16	22	7:51	134	10:09	24.29	2:48:50	6:57	9	0:12	129	1:03:40
Runde	3.47	25:48	7:26	23	7:57	130	10:05	27.76	3:14:38	7:00	6	0:02	116	1:09:06
Runde	3.47	26:32	7:38	23	7:36	122	10:18	31.23	3:41:10	7:04	8		120	1:24:03
Runde	3.47	25:39	7:23	15	4:09	88	9:05	34.70	4:06:49	7:06	36	8:22	186	1:33:05
Runde	3.47	27:12	7:50	18	6:03	107	10:20	38.17	4:34:01	7:10	7		130	1:43:18
Runde	3.97	26:46	6:44	19	5:49	110	9:55	42.18	5:00:47	7:07	26	1:18:32	143	3:38:58