



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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**Marienthal, Stefan**

□□□: 5:01:45

□□: Glück auf!

□□: 8.35 km/h

□□: 191

□□□□: 7:09 min/km

□□: 42.18 km

□□□□□/□□□: 155 (of 220)

Marathon

□□□□□/□: 141 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 31(of 44)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:33:12

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| □□□   | □□   | □□    | □□     | □□ | □□    | □□  | □□    | □□□   | □□□     | □□□    | □□ | □□      | □□  | □□      |
|-------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|-----|---------|
|       | km   | □□    | min/km | -  | -     | □   | □     | km    | □□      | min/km | -  | -       | □   | □       |
| Runde | 3.47 | 20:03 | 5:46   | 17 | 3:53  | 71  | 5:35  | 3.47  | 20:03   | 5:46   | 9  |         | 52  |         |
| Runde | 3.47 | 20:33 | 5:55   | 21 | 4:32  | 88  | 5:57  | 6.94  | 40:36   | 5:51   | 9  |         | 143 |         |
| Runde | 3.47 | 21:10 | 6:05   | 22 | 5:11  | 97  | 6:14  | 10.41 | 1:01:46 | 5:56   | 8  |         | 109 |         |
| Runde | 3.47 | 22:02 | 6:20   | 25 | 5:32  | 108 | 6:56  | 13.88 | 1:23:48 | 6:02   | 9  | 0:42    | 128 |         |
| Runde | 3.47 | 23:09 | 6:40   | 26 | 6:07  | 125 | 7:54  | 17.35 | 1:46:57 | 6:09   | 10 |         | 138 | 1:39    |
| Runde | 3.47 | 25:19 | 7:17   | 37 | 8:23  | 161 | 9:53  | 20.82 | 2:12:16 | 6:21   | 10 |         | 119 | 2:43    |
| Runde | 3.47 | 26:10 | 7:32   | 36 | 8:39  | 154 | 11:03 | 24.29 | 2:38:26 | 6:31   | 10 |         | 130 | 53:16   |
| Runde | 3.47 | 27:34 | 7:56   | 36 | 9:51  | 160 | 11:51 | 27.76 | 3:06:00 | 6:42   | 41 |         | 182 | 1:00:28 |
| Runde | 3.47 | 27:33 | 7:56   | 29 | 9:06  | 140 | 11:19 | 31.23 | 3:33:33 | 6:50   | 9  | 0:01    | 121 | 1:16:26 |
| Runde | 3.47 | 28:56 | 8:20   | 33 | 9:37  | 146 | 12:22 | 34.70 | 4:02:29 | 6:59   | 10 |         | 123 | 1:28:45 |
| Runde | 3.47 | 30:08 | 8:41   | 34 | 11:07 | 152 | 13:16 | 38.17 | 4:32:37 | 7:08   | 10 |         | 131 | 1:41:54 |
| Runde | 3.97 | 29:08 | 7:20   | 34 | 10:31 | 155 | 12:17 | 42.18 | 5:01:45 | 7:09   | 31 | 1:28:33 | 144 | 3:39:56 |