



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Helfmann, Michael

□□□: 5:03:55

□□: TV Stierstadt

□□: 8.29 km/h

□□: 121

□□□□: 7:12 min/km

□□: 42.18 km

□□□□□/□□□: 158 (of 220)

Marathon

□□□□□/□: 144 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 32(of 44)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:33:12

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	23:20	6:43	40	7:10	171	8:52	3.47	23:20	6:43	10	2:22	146	0:09
Runde	3.47	22:10	6:23	31	6:09	135	7:34	6.94	45:30	6:33	10	4:12	146	
Runde	3.47	22:22	6:26	32	6:23	133	7:26	10.41	1:07:52	6:31	40		178	
Runde	3.47	21:40	6:14	24	5:10	98	6:34	13.88	1:29:32	6:27	10	6:26	131	
Runde	3.47	22:00	6:20	23	4:58	99	6:45	17.35	1:51:32	6:25	11		144	6:14
Runde	3.47	22:09	6:22	24	5:13	90	6:43	20.82	2:13:41	6:25	11		122	4:08
Runde	3.47	22:59	6:37	22	5:28	85	7:52	24.29	2:36:40	6:26	11		133	51:30
Runde	3.47	25:47	7:25	28	8:04	129	10:04	27.76	3:02:27	6:34	8		119	56:55
Runde	3.47	28:40	8:15	34	10:13	154	12:26	31.23	3:31:07	6:45	10		124	1:14:00
Runde	3.47	29:56	8:37	37	10:37	160	13:22	34.70	4:01:03	6:56	42		177	1:27:19
Runde	3.47	32:05	9:14	39	13:04	172	15:13	38.17	4:33:08	7:09	11		134	1:42:25
Runde	3.97	30:47	7:45	37	12:10	165	13:56	42.18	5:03:55	7:12	32	1:30:43	147	3:42:06