



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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van Haß, Jens

□□: TSV 1920 Pulsnitz e.V.
 □□: 315

□□: 42.18 km
 Marathon

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 5:05:03

□□: 8.26 km/h
 □□□□: 7:14 min/km

□□□□□/□□□: 161 (of 220)

□□□□□/□: 147 (of 194)

□□□□□□: 3:07:34

□□□□□: 27(of 38)

□□□□□□□: 3:42:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	23:19	6:43	31	7:27	168	8:51	3.47	23:19	6:43	8	2:25	136	0:08	
Runde	3.47	22:46	6:33	23	7:04	148	8:10	6.94	46:05	6:38	8	1:51	136		
Runde	3.47	23:31	6:46	27	7:25	159	8:35	10.41	1:09:36	6:41	11	18:28	106		
Runde	3.47	23:12	6:41	25	6:34	145	8:06	13.88	1:32:48	6:41	8	1:42	121		
Runde	3.47	24:02	6:55	28	7:14	148	8:47	17.35	1:56:50	6:44	1	-	135	11:32	
Runde	3.47	25:11	7:15	30	8:10	158	9:45	20.82	2:22:01	6:49	8	2:01	125	12:28	
Runde	3.47	26:37	7:40	30	9:12	164	11:30	24.29	2:48:38	6:56	1	-	136	1:03:28	
Runde	3.47	25:51	7:26	25	8:00	133	10:08	27.76	3:14:29	7:00	7		122	1:08:57	
Runde	3.47	26:48	7:43	26	7:52	129	10:34	31.23	3:41:17	7:05	9		127	1:24:10	
Runde	3.47	27:43	7:59	26	6:13	127	11:09	34.70	4:09:00	7:10	37	10:33	188	1:35:16	
Runde	3.47	27:58	8:03	24	6:49	126	11:06	38.17	4:36:58	7:15	8		137	1:46:15	
Runde	3.97	28:05	7:04	23	7:08	132	11:14	42.18	5:05:03	7:13	27	1:22:48	150	3:43:14	