



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Fröde, Volker

□□: Tus Hamborn-Neumühl
 □□: 85

□□: 42.18 km
 Marathon

□□□□:
 Senioren M65 (65-69 Jahre)

□□□: 5:07:37

□□: 8.19 km/h
 □□□□: 7:17 min/km

□□□□□/□□□□: 162 (of 220)

□□□□□/□: 148 (of 194)

□□□□□□: 3:07:34

□□□□□: 1(of 2)

□□□□□□□: 5:07:37

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	20:05	5:47	1	-	75	5:37	3.47	20:05	5:47	1	-	150	
Runde	3.47	19:51	5:43	1	-	80	5:15	6.94	39:56	5:45	1	-	73	
Runde	3.47	20:52	6:00	1	-	88	5:56	10.41	1:00:48	5:50	2		148	
Runde	3.47	23:04	6:38	1	-	138	7:58	13.88	1:23:52	6:02	1	-	135	
Runde	3.47	24:48	7:08	1	-	167	9:33	17.35	1:48:40	6:15	1	-	148	3:22
Runde	3.47	26:49	7:43	1	-	183	11:23	20.82	2:15:29	6:30	1	-	126	5:56
Runde	3.47	27:20	7:52	1	-	176	12:13	24.29	2:42:49	6:42	1	-	137	57:39
Runde	3.47	31:37	9:06	2	1:41	190	15:54	27.76	3:14:26	7:00	1	-	123	1:08:54
Runde	3.47	30:33	8:48	1	-	173	14:19	31.23	3:44:59	7:12	1	-	128	1:27:52
Runde	3.47	29:31	8:30	1	-	154	12:57	34.70	4:14:30	7:20	1	-	127	1:40:46
Runde	3.47	27:40	7:58	1	-	122	10:48	38.17	4:42:10	7:23	1	-	138	1:51:27
Runde	3.97	25:27	6:24	1	-	84	8:36	42.18	5:07:37	7:17	1	-	151	3:45:48