



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Satzky, Heiko

00: de Heidehopper`s
00: 260

00: 42.18 km
Marathon

0000:
Senioren M45 (45-49 Jahre)

000: 5:09:53

00: 8.13 km/h
0000: 7:21 min/km

00000/000: 165 (of 220)

00000/0: 150 (of 194)

000000: 3:07:34

00000: 34(of 44)

0000000: 3:33:12

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	3.47	20:58	6:02	24	4:48	108	6:30	3.47	20:58	6:02	1	-	102	
Runde	3.47	20:20	5:51	20	4:19	86	5:44	6.94	41:18	5:57	1	-	152	
Runde	3.47	20:21	5:51	18	4:22	80	5:25	10.41	1:01:39	5:55	9		113	
Runde	3.47	21:27	6:10	23	4:57	94	6:21	13.88	1:23:06	5:59	1	-	137	
Runde	3.47	23:19	6:43	29	6:17	130	8:04	17.35	1:46:25	6:08	13		149	1:07
Runde	3.47	23:56	6:53	32	7:00	130	8:30	20.82	2:10:21	6:15	13		88	0:48
Runde	3.47	25:36	7:22	34	8:05	140	10:29	24.29	2:35:57	6:25	13		97	50:47
Runde	3.47	28:23	8:10	39	10:40	170	12:40	27.76	3:04:20	6:38	10		125	58:48
Runde	3.47	29:12	8:24	37	10:45	159	12:58	31.23	3:33:32	6:50	1	-	130	1:16:25
Runde	3.47	30:47	8:52	39	11:28	167	14:13	34.70	4:04:19	7:02	1	-	128	1:30:35
Runde	3.47	31:26	9:03	36	12:25	161	14:34	38.17	4:35:45	7:13	13		140	1:45:02
Runde	3.97	34:08	8:35	42	15:31	187	17:17	42.18	5:09:53	7:20	34	1:36:41	153	3:48:04