



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Kraus, Matej

□□: PRASOPSI PLZEN

□□: 171

□□: 42.18 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 5:10:12

□□: 8.12 km/h

□□□□: 7:21 min/km

□□□□□/□□□□: 166 (of 220)

□□□□□/□: 151 (of 194)

□□□□□□: 3:07:34

□□□□□: 20(of 24)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	22:48	6:34	20	8:20	151	8:20	3.47	22:48	6:34	5	4:45	145		
Runde	3.47	22:11	6:23	20	7:35	136	7:35	6.94	44:59	6:28	5	7:45	153		
Runde	3.47	23:14	6:41	22	8:18	150	8:18	10.41	1:08:13	6:33	24	11:02	183		
Runde	3.47	24:32	7:04	21	9:13	173	9:26	13.88	1:32:45	6:40	5	14:41	138		
Runde	3.47	24:21	7:01	19	9:03	161	9:06	17.35	1:57:06	6:44	4	17:01	150	11:48	
Runde	3.47	24:25	7:02	19	8:59	140	8:59	20.82	2:21:31	6:47	5	18:14	129	11:58	
Runde	3.47	25:43	7:24	19	10:36	144	10:36	24.29	2:47:14	6:53	5	19:31	123	1:02:04	
Runde	3.47	26:01	7:29	18	10:18	136	10:18	27.76	3:13:15	6:57	5	21:14	126	1:07:43	
Runde	3.47	28:03	8:05	19	11:49	147	11:49	31.23	3:41:18	7:05	4	1:00:34	131	1:24:11	
Runde	3.47	28:34	8:13	19	11:57	143	12:00	34.70	4:09:52	7:12	23	27:22	189	1:36:08	
Runde	3.47	29:26	8:28	21	12:27	146	12:34	38.17	4:39:18	7:19	4	1:14:51	141	1:48:35	
Runde	3.97	30:54	7:47	23	14:03	167	14:03	42.18	5:10:12	7:21	21	2:35:25	154	3:48:23	