



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Zimmermann, Jörg

□□: Halberstadt
 □□: 347

□□: 42.18 km
 Marathon

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 5:10:25

□□: 8.12 km/h
 □□□□: 7:22 min/km

□□□□□/□□□□: 167 (of 220)

□□□□□/□: 152 (of 194)

□□□□□□: 3:07:34

□□□□□: 35(of 44)

□□□□□□□: 3:33:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	23:14	6:41	38	7:04	162	8:46	3.47	23:14	6:41	13	2:16	137	0:03
Runde	3.47	23:13	6:41	37	7:12	159	8:37	6.94	46:27	6:41	13	5:09	154	
Runde	3.47	24:47	7:08	41	8:48	183	9:51	10.41	1:11:14	6:50	44		192	
Runde	3.47	25:33	7:21	43	9:03	187	10:27	13.88	1:36:47	6:58	13	13:41	139	
Runde	3.47	25:54	7:27	43	8:52	184	10:39	17.35	2:02:41	7:04	14	6:16	151	17:23
Runde	3.47	26:12	7:33	42	9:16	179	10:46	20.82	2:28:53	7:09	14	8:01	130	19:20
Runde	3.47	26:57	7:45	40	9:26	170	11:50	24.29	2:55:50	7:14	14	8:54	141	1:10:40
Runde	3.47	27:48	8:00	37	10:05	163	12:05	27.76	3:23:38	7:20	1	-	127	1:18:06
Runde	3.47	27:24	7:53	28	8:57	138	11:10	31.23	3:51:02	7:23	13	17:30	132	1:33:55
Runde	3.47	28:20	8:09	31	9:01	141	11:46	34.70	4:19:22	7:28	13	15:03	129	1:45:38
Runde	3.47	26:58	7:46	24	7:57	100	10:06	38.17	4:46:20	7:30	14	10:27	142	1:55:37
Runde	3.97	24:05	6:03	13	5:28	50	7:14	42.18	5:10:25	7:21	35	1:37:13	155	3:48:36