



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Spanier, Ekkehard

□□□: 5:13:30

□□: Sportziel Marathonteam

□□: 8.04 km/h

□□: 279

□□□□: 7:26 min/km

□□: 42.18 km

□□□□□/□□□: 173 (of 220)

Marathon

□□□□□/□: 158 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 28(of 38)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:42:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	22:26	6:27	30	6:34	149	7:58	3.47	22:26	6:27	9	1:32	160	
Runde	3.47	21:52	6:18	19	6:10	125	7:16	6.94	44:18	6:22	9	0:04	160	
Runde	3.47	22:21	6:26	21	6:15	130	7:25	10.41	1:06:39	6:24	10	15:31	73	
Runde	3.47	23:06	6:39	23	6:28	141	8:00	13.88	1:29:45	6:27	9		145	
Runde	3.47	23:53	6:52	27	7:05	146	8:38	17.35	1:53:38	6:32	11		156	8:20
Runde	3.47	25:32	7:21	32	8:31	166	10:06	20.82	2:19:10	6:41	9		136	9:37
Runde	3.47	26:08	7:31	26	8:43	153	11:01	24.29	2:45:18	6:48	11		147	1:00:08
Runde	3.47	26:39	7:40	27	8:48	144	10:56	27.76	3:11:57	6:54	8		132	1:06:25
Runde	3.47	30:18	8:43	31	11:22	170	14:04	31.23	3:42:15	7:06	10		138	1:25:08
Runde	3.47	27:59	8:03	27	6:29	133	11:25	34.70	4:10:14	7:12	38	11:47	191	1:36:30
Runde	3.47	31:46	9:09	31	10:37	169	14:54	38.17	4:42:00	7:23	9		148	1:51:17
Runde	3.97	31:30	7:56	31	10:33	171	14:39	42.18	5:13:30	7:25	28	1:31:15	161	3:51:41