



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Boeskov, Tue

□□: Husumlyløberne
 □□: 41

□□: 42.18 km
 Marathon

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 5:14:56

□□: 8.00 km/h
 □□□□: 7:28 min/km

□□□□□/□□□: 175 (of 220)

□□□□□/□: 160 (of 194)

□□□□□□: 3:07:34

□□□□□: 39(of 42)

□□□□□□□: 3:33:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	24:57	7:11	42	8:38	188	10:29	3.47	24:57	7:11	18	4:39	162	1:46	
Runde	3.47	24:04	6:56	42	7:43	181	9:28	6.94	49:01	7:03	18	7:00	162	2:20	
Runde	3.47	24:01	6:55	42	7:33	172	9:05	10.41	1:13:02	7:00	14	8:19	118	1:01	
Runde	3.47	23:14	6:41	36	6:50	147	8:08	13.88	1:36:16	6:56	18	10:09	147		
Runde	3.47	23:24	6:44	35	7:19	133	8:09	17.35	1:59:40	6:53	18	10:38	158	14:22	
Runde	3.47	23:44	6:50	31	6:53	123	8:18	20.82	2:23:24	6:53	17	10:54	138	13:51	
Runde	3.47	25:21	7:18	36	7:49	135	10:14	24.29	2:48:45	6:56	18	11:05	149	1:03:35	
Runde	3.47	26:27	7:37	36	8:56	141	10:44	27.76	3:15:12	7:01	14	10:47	134	1:09:40	
Runde	3.47	28:48	8:17	38	11:05	155	12:34	31.23	3:44:00	7:10	18	13:03	140	1:26:53	
Runde	3.47	30:06	8:40	37	11:12	161	13:32	34.70	4:14:06	7:19	18	17:16	135	1:40:22	
Runde	3.47	30:49	8:52	38	10:14	157	13:57	38.17	4:44:55	7:27	18	20:49	150	1:54:12	
Runde	3.97	30:01	7:33	39	9:58	161	13:10	42.18	5:14:56	7:27	39	1:41:47	163	3:53:07	