



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

0000

Hansen, Dirk

00: Leck

00: 113

00: 42.18 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 5:15:39

00: 7.98 km/h

0000: 7:29 min/km

00000/000: 177 (of 220)

00000/0: 162 (of 194)

000000: 3:07:34

00000: 38(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	22:25	6:27	34	6:15	147	7:57	3.47	22:25	6:27	16	1:27	58	
Runde	3.47	22:46	6:33	35	6:45	148	8:10	6.94	45:11	6:30	16	3:53	164	
Runde	3.47	24:24	7:01	40	8:25	178	9:28	10.41	1:09:35	6:41	11		120	
Runde	3.47	24:59	7:11	41	8:29	180	9:53	13.88	1:34:34	6:48	16	11:28	149	
Runde	3.47	25:10	7:15	39	8:08	172	9:55	17.35	1:59:44	6:54	16	3:19	160	14:26
Runde	3.47	25:34	7:22	38	8:38	167	10:08	20.82	2:25:18	6:58	17	4:26	140	15:45
Runde	3.47	27:03	7:47	41	9:32	172	11:56	24.29	2:52:21	7:05	17	5:25	151	1:07:11
Runde	3.47	27:15	7:51	34	9:32	156	11:32	27.76	3:19:36	7:11	13		136	1:14:04
Runde	3.47	29:01	8:21	35	10:34	157	12:47	31.23	3:48:37	7:19	16	15:05	142	1:31:30
Runde	3.47	29:15	8:25	34	9:56	151	12:41	34.70	4:17:52	7:25	15	13:33	137	1:44:08
Runde	3.47	29:30	8:30	32	10:29	147	12:38	38.17	4:47:22	7:31	17	11:29	152	1:56:39
Runde	3.97	28:17	7:07	30	9:40	137	11:26	42.18	5:15:39	7:29	38	1:42:27	165	3:53:50