



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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**Aumann, Stefan**

00: KSC Lohne  
00: 11

00: 42.18 km  
Marathon

0000:  
Senioren M30 (30-34 Jahre)

000: 5:16:34

00: 7.96 km/h  
0000: 7:30 min/km

00000/000: 179 (of 220)

00000/0: 163 (of 194)

000000: 3:07:34

00000: 13(of 14)

0000000: 3:13:54

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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	20:25	5:53	12	5:19	89	5:57	3.47	20:25	5:53	13	5:19	93	
Runde	3.47	21:37	6:13	12	6:24	116	7:01	6.94	42:02	6:03	13	11:43	165	
Runde	3.47	23:55	6:53	14	8:49	170	8:59	10.41	1:05:57	6:20	14	20:32	172	
Runde	3.47	25:47	7:25	14	10:41	189	10:41	13.88	1:31:44	6:36	11	31:13	150	
Runde	3.47	24:17	6:59	13	9:02	155	9:02	17.35	1:56:01	6:41	13	40:15	161	10:43
Runde	3.47	26:37	7:40	14	11:00	182	11:11	20.82	2:22:38	6:51	11	51:15	141	13:05
Runde	3.47	26:58	7:46	14	11:30	171	11:51	24.29	2:49:36	6:58	12	1:02:45	152	1:04:26
Runde	3.47	26:47	7:43	13	10:43	149	11:04	27.76	3:16:23	7:04	12	1:10:51	137	1:10:51
Runde	3.47	31:07	8:58	14	14:24	178	14:53	31.23	3:47:30	7:17	12	1:27:52	143	1:30:23
Runde	3.47	27:35	7:56	12	10:37	126	11:01	34.70	4:15:05	7:21	12	1:38:29	138	1:41:21
Runde	3.47	29:43	8:33	12	11:06	149	12:51	38.17	4:44:48	7:27	11	1:49:35	153	1:54:05
Runde	3.97	31:46	8:00	13	13:05	173	14:55	42.18	5:16:34	7:30	13	2:02:40	166	3:54:45