



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Nielsen, John

□□: Hvidovre
 □□: 349

□□: 42.18 km
 Marathon

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 5:18:11

□□: 7.92 km/h
 □□□□: 7:32 min/km

□□□□□/□□□: 180 (of 220)

□□□□□/□: 164 (of 194)

□□□□□□: 3:07:34

□□□□□: 30(of 38)

□□□□□□□: 3:42:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:54	6:01	19	5:02	104	6:26	3.47	20:54	6:01	1	-	166	
Runde	3.47	23:20	6:43	31	7:38	165	8:44	6.94	44:14	6:22	1	-	107	
Runde	3.47	23:17	6:42	26	7:11	152	8:21	10.41	1:07:31	6:29	8	16:23	121	
Runde	3.47	23:35	6:47	28	6:57	154	8:29	13.88	1:31:06	6:33	1	-	151	
Runde	3.47	23:37	6:48	23	6:49	140	8:22	17.35	1:54:43	6:36	13		162	9:25
Runde	3.47	25:17	7:17	31	8:16	160	9:51	20.82	2:20:00	6:43	1	-	142	10:27
Runde	3.47	26:28	7:37	29	9:03	158	11:21	24.29	2:46:28	6:51	13		153	1:01:18
Runde	3.47	28:08	8:06	29	10:17	168	12:25	27.76	3:14:36	7:00	1	-	138	1:09:04
Runde	3.47	29:45	8:34	30	10:49	167	13:31	31.23	3:44:21	7:11	12	1:35	144	1:27:14
Runde	3.47	29:44	8:34	28	8:14	157	13:10	34.70	4:14:05	7:19	10	15:38	139	1:40:21
Runde	3.47	32:18	9:18	34	11:09	174	15:26	38.17	4:46:23	7:30	1	-	154	1:55:40
Runde	3.97	31:48	8:00	33	10:51	174	14:57	42.18	5:18:11	7:32	30	1:35:56	167	3:56:22