



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Grüneberg, Manfred

□□□: 5:18:33

□□: Knappen Schwarze Pumpe

□□: 7.91 km/h

□□: 106

□□□□: 7:33 min/km

□□: 42.18 km

□□□□□/□□□: 181 (of 220)

Marathon

□□□□□/□: 165 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 7(of 10)

Senioren M55 (55-59 Jahre)

□□□□□□□: 3:25:37

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	23:54	6:53	9	7:32	176	9:26	3.47	23:54	6:53	7	7:32	167	0:43
Runde	3.47	24:46	7:08	9	8:15	189	10:10	6.94	48:40	7:00	7	15:47	167	1:59
Runde	3.47	25:11	7:15	8	8:38	187	10:15	10.41	1:13:51	7:05	6	24:25	122	1:50
Runde	3.47	25:18	7:17	10	8:53	186	10:12	13.88	1:39:09	7:08	6	21:57	152	0:20
Runde	3.47	25:29	7:20	8	8:59	177	10:14	17.35	2:04:38	7:11	6	42:17	163	19:20
Runde	3.47	25:54	7:27	8	9:16	172	10:28	20.82	2:30:32	7:13	7	51:33	143	20:59
Runde	3.47	27:12	7:50	7	9:49	173	12:05	24.29	2:57:44	7:19	7	1:01:22	154	1:12:34
Runde	3.47	26:25	7:36	7	8:53	140	10:42	27.76	3:24:09	7:21	7	1:10:15	139	1:18:37
Runde	3.47	27:21	7:52	7	9:13	137	11:07	31.23	3:51:30	7:24	6	1:19:28	145	1:34:23
Runde	3.47	29:02	8:22	7	11:18	148	12:28	34.70	4:20:32	7:30	6	1:30:46	140	1:46:48
Runde	3.47	29:11	8:24	8	11:25	145	12:19	38.17	4:49:43	7:35	7	1:42:11	155	1:59:00
Runde	3.97	28:50	7:15	7	10:45	144	11:59	42.18	5:18:33	7:33	7	1:52:56	168	3:56:44