



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Zachow, Doris

□□: LG DUV

□□: 344

□□: 42.18 km

Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 5:19:43

□□: 7.88 km/h

□□□□: 7:35 min/km

□□□□□/□□□: 182 (of 220)

□□□□□/□: 17 (of 26)

□□□□□□: 3:50:37

□□□□□: 7(of 8)

□□□□□□□: 3:50:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	25:01	7:12	8	7:36	23	7:36	3.47	25:01	7:12	7	7:36	8	3:12	
Runde	3.47	25:15	7:16	7	7:46	22	7:46	6.94	50:16	7:14	7	15:22	8	7:01	
Runde	3.47	26:02	7:30	7	7:53	22	7:53	10.41	1:16:18	7:19	5	23:15	8	23:15	
Runde	3.47	25:47	7:25	7	6:44	20	6:44	13.88	1:42:05	7:21	7	29:59	8	14:03	
Runde	3.47	25:34	7:22	6	6:37	18	6:37	17.35	2:07:39	7:21	7	36:36	6	31:53	
Runde	3.47	26:08	7:31	5	6:39	16	6:39	20.82	2:33:47	7:23	7	43:15	8	18:29	
Runde	3.47	26:40	7:41	5	7:16	16	7:16	24.29	3:00:27	7:25	6	43:45	7	43:45	
Runde	3.47	26:31	7:38	5	6:43	14	6:43	27.76	3:26:58	7:27	7	57:14	8	49:11	
Runde	3.47	27:20	7:52	5	7:14	15	7:14	31.23	3:54:18	7:30	7	1:04:28	6	54:43	
Runde	3.47	28:05	8:05	6	8:00	16	8:00	34.70	4:22:23	7:33	6	1:00:40	8	24:39	
Runde	3.47	28:44	8:16	7	8:25	17	8:25	38.17	4:51:07	7:37	7	1:20:53	7	26:02	
Runde	3.97	28:36	7:12	7	8:13	17	8:13	42.18	5:19:43	7:34	7	1:29:06	20	4:35:51	