



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Kurzay, Thomas

□□□: 5:22:03

□□: Marios Box Condition

□□: 7.82 km/h

□□: 178

□□□□: 7:38 min/km

□□: 42.18 km

□□□□□/□□□: 184 (of 220)

Marathon

□□□□□/□: 167 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 14(of 14)

Senioren M30 (30-34 Jahre)

□□□□□□□: 3:13:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	23:19	6:43	14	8:13	168	8:51	3.47	23:19	6:43	14	8:13	136	0:08
Runde	3.47	23:34	6:47	14	8:21	170	8:58	6.94	46:53	6:45	14	16:34	169	0:12
Runde	3.47	23:38	6:48	13	8:32	162	8:42	10.41	1:10:31	6:46	12	25:06	124	
Runde	3.47	24:00	6:54	13	8:54	167	8:54	13.88	1:34:31	6:48	12	34:00	154	
Runde	3.47	24:56	7:11	14	9:41	168	9:41	17.35	1:59:27	6:53	14	43:41	165	14:09
Runde	3.47	26:00	7:29	13	10:23	174	10:34	20.82	2:25:27	6:59	12	54:04	145	15:54
Runde	3.47	26:34	7:39	13	11:06	160	11:27	24.29	2:52:01	7:04	13	1:05:10	156	1:06:51
Runde	3.47	28:00	8:04	14	11:56	165	12:17	27.76	3:20:01	7:12	13	1:14:29	141	1:14:29
Runde	3.47	29:20	8:27	13	12:37	162	13:06	31.23	3:49:21	7:20	13	1:29:43	147	1:32:14
Runde	3.47	31:33	9:05	14	14:35	170	14:59	34.70	4:20:54	7:31	13	1:44:18	142	1:47:10
Runde	3.47	31:33	9:05	13	12:56	165	14:41	38.17	4:52:27	7:39	12	1:57:14	157	2:01:44
Runde	3.97	29:36	7:27	12	10:55	156	12:45	42.18	5:22:03	7:38	14	2:08:09	170	4:00:14