



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Sysol, Joachim

□□: Esslingen

□□: 302

□□: 42.18 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 5:22:03

□□: 7.82 km/h

□□□□: 7:38 min/km

□□□□□/□□□: 186 (of 220)

□□□□□/□: 167 (of 194)

□□□□□□: 3:07:34

□□□□□: 40(of 44)

□□□□□□□: 3:33:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	23:18	6:42	39	7:08	165	8:50	3.47	23:18	6:42	18	2:20	144	0:07	
Runde	3.47	23:35	6:47	40	7:34	172	8:59	6.94	46:53	6:45	18	5:35	169	0:12	
Runde	3.47	23:38	6:48	39	7:39	162	8:42	10.41	1:10:31	6:46	13		124		
Runde	3.47	24:00	6:54	37	7:30	167	8:54	13.88	1:34:31	6:48	18	11:25	154		
Runde	3.47	24:56	7:11	38	7:54	168	9:41	17.35	1:59:27	6:53	18	3:02	165	14:09	
Runde	3.47	26:00	7:29	41	9:04	174	10:34	20.82	2:25:27	6:59	19	4:35	145	15:54	
Runde	3.47	26:34	7:39	38	9:03	160	11:27	24.29	2:52:01	7:04	19	5:05	156	1:06:51	
Runde	3.47	28:00	8:04	38	10:17	165	12:17	27.76	3:20:01	7:12	15		141	1:14:29	
Runde	3.47	29:20	8:27	38	10:53	162	13:06	31.23	3:49:21	7:20	18	15:49	147	1:32:14	
Runde	3.47	31:33	9:05	40	12:14	170	14:59	34.70	4:20:54	7:31	17	16:35	142	1:47:10	
Runde	3.47	31:33	9:05	38	12:32	165	14:41	38.17	4:52:27	7:39	19	16:34	157	2:01:44	
Runde	3.97	29:36	7:27	35	10:59	156	12:45	42.18	5:22:03	7:38	40	1:48:51	170	4:00:14	