



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Oster, Werner

□□: SRC Heimbach-Weis 2000 e.V.
 □□: 223

□□: 42.18 km
 Marathon

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 5:23:47

□□: 7.78 km/h
 □□□□: 7:41 min/km

□□□□□/□□□: 188 (of 220)

□□□□□/□: 171 (of 194)

□□□□□□: 3:07:34

□□□□□: 31(of 38)

□□□□□□□: 3:42:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	24:12	6:58	36	8:20	182	9:44	3.47	24:12	6:58	12	3:18	173	1:01
Runde	3.47	23:41	6:49	33	7:59	174	9:05	6.94	47:53	6:53	12	3:39	173	1:12
Runde	3.47	24:10	6:57	34	8:04	175	9:14	10.41	1:12:03	6:55	7	20:55	128	0:02
Runde	3.47	24:14	6:59	30	7:36	170	9:08	13.88	1:36:17	6:56	12	5:11	158	
Runde	3.47	25:30	7:20	34	8:42	178	10:15	17.35	2:01:47	7:01	35	4:57	185	16:29
Runde	3.47	26:27	7:37	34	9:26	181	11:01	20.82	2:28:14	7:07	12	8:14	149	18:41
Runde	3.47	26:48	7:43	31	9:23	166	11:41	24.29	2:55:02	7:12	14	6:24	160	1:09:52
Runde	3.47	27:31	7:55	28	9:40	159	11:48	27.76	3:22:33	7:17	11	7:57	145	1:17:01
Runde	3.47	27:53	8:02	28	8:57	145	11:39	31.23	3:50:26	7:22	13	7:40	151	1:33:19
Runde	3.47	29:49	8:35	29	8:19	158	13:15	34.70	4:20:15	7:30	9	21:48	146	1:46:31
Runde	3.47	32:11	9:16	33	11:02	173	15:19	38.17	4:52:26	7:39	12	6:03	161	2:01:43
Runde	3.97	31:21	7:53	30	10:24	168	14:30	42.18	5:23:47	7:40	31	1:41:32	174	4:01:58