



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Steuer, Volker

□□: SC Hoyerswerda / Red Caps  
 □□: 291

□□: 42.18 km  
 Marathon

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 5:24:47

□□: 7.76 km/h  
 □□□□: 7:42 min/km

□□□□□/□□□: 189 (of 220)

□□□□□/□: 172 (of 194)

□□□□□□: 3:07:34

□□□□□: 8(of 10)

□□□□□□□: 3:25:37

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| □□□   | □□   | □□    | □□     | □□ | □□    | □□  | □□    | □□□   | □□□     | □□□    | □□ | □□      | □□  | □□      |
|-------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|-----|---------|
|       | km   | □□    | min/km | -  | -     | □   | □     | km    | □□      | min/km | -  | -       | □   | □       |
| Runde | 3.47 | 20:38 | 5:56   | 4  | 4:16  | 97  | 6:10  | 3.47  | 20:38   | 5:56   | 8  | 4:16    | 174 |         |
| Runde | 3.47 | 22:21 | 6:26   | 5  | 5:50  | 141 | 7:45  | 6.94  | 42:59   | 6:11   | 8  | 10:06   | 174 |         |
| Runde | 3.47 | 23:05 | 6:39   | 5  | 6:32  | 145 | 8:09  | 10.41 | 1:06:04 | 6:20   | 10 | 16:38   | 173 |         |
| Runde | 3.47 | 23:03 | 6:38   | 5  | 6:38  | 136 | 7:57  | 13.88 | 1:29:07 | 6:25   | 7  | 11:55   | 159 |         |
| Runde | 3.47 | 23:36 | 6:48   | 5  | 7:06  | 139 | 8:21  | 17.35 | 1:52:43 | 6:29   | 7  | 30:22   | 169 | 7:25    |
| Runde | 3.47 | 25:43 | 7:24   | 7  | 9:05  | 168 | 10:17 | 20.82 | 2:18:26 | 6:38   | 8  | 39:27   | 150 | 8:53    |
| Runde | 3.47 | 27:22 | 7:53   | 8  | 9:59  | 177 | 12:15 | 24.29 | 2:45:48 | 6:49   | 8  | 49:26   | 161 | 1:00:38 |
| Runde | 3.47 | 28:17 | 8:09   | 9  | 10:45 | 169 | 12:34 | 27.76 | 3:14:05 | 6:59   | 8  | 1:00:11 | 146 | 1:08:33 |
| Runde | 3.47 | 29:46 | 8:34   | 9  | 11:38 | 168 | 13:32 | 31.23 | 3:43:51 | 7:10   | 7  | 1:11:49 | 152 | 1:26:44 |
| Runde | 3.47 | 31:42 | 9:08   | 9  | 13:58 | 173 | 15:08 | 34.70 | 4:15:33 | 7:21   | 7  | 1:25:47 | 147 | 1:41:49 |
| Runde | 3.47 | 35:25 | 10:12  | 10 | 17:39 | 186 | 18:33 | 38.17 | 4:50:58 | 7:37   | 8  | 1:43:26 | 162 | 2:00:15 |
| Runde | 3.97 | 33:49 | 8:31   | 10 | 15:44 | 185 | 16:58 | 42.18 | 5:24:47 | 7:41   | 8  | 1:59:10 | 175 | 4:02:58 |