



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	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ 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