



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Safosnik, Erwin

□□□: 5:25:52

□□: Hardtseemafia Triathlon

□□: 7.73 km/h

□□: 259

□□□□: 7:43 min/km

□□: 42.18 km

□□□□□/□□□: 190 (of 220)

Marathon

□□□□□/□: 173 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 41(of 44)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:33:12

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:40	6:14	31	5:30	129	7:12	3.47	21:40	6:14	19	0:42	175	
Runde	3.47	23:03	6:38	36	7:02	155	8:27	6.94	44:43	6:26	19	3:25	175	
Runde	3.47	24:47	7:08	41	8:48	183	9:51	10.41	1:09:30	6:40	14		129	
Runde	3.47	25:02	7:12	42	8:32	183	9:56	13.88	1:34:32	6:48	19	11:26	160	
Runde	3.47	25:15	7:16	40	8:13	174	10:00	17.35	1:59:47	6:54	43	3:22	183	14:29
Runde	3.47	25:52	7:27	40	8:56	171	10:26	20.82	2:25:39	6:59	20	4:47	151	16:06
Runde	3.47	26:31	7:38	37	9:00	159	11:24	24.29	2:52:10	7:05	20	5:14	162	1:07:00
Runde	3.47	29:26	8:28	42	11:43	176	13:43	27.76	3:21:36	7:15	16		147	1:16:04
Runde	3.47	30:59	8:55	41	12:32	177	14:45	31.23	3:52:35	7:26	19	19:03	153	1:35:28
Runde	3.47	28:52	8:19	32	9:33	145	12:18	34.70	4:21:27	7:32	18	17:08	148	1:47:43
Runde	3.47	32:25	9:20	40	13:24	175	15:33	38.17	4:53:52	7:41	20	17:59	163	2:03:09
Runde	3.97	32:00	8:03	39	13:23	175	15:09	42.18	5:25:52	7:43	41	1:52:40	176	4:04:03