



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Kratzheller, Silvia

□□□: 5:26:45

□□: LT Hadamar

□□: 7.71 km/h

□□: 170

□□□□: 7:45 min/km

□□: 42.18 km

□□□□□/□□□: 192 (of 220)

Marathon

□□□□□/□: 19 (of 26)

□□□□□□: 3:50:37

□□□□:

□□□□□: 3(of 6)

Seniorinnen W50 (50-54 Jahre)

□□□□□□□: 4:47:03

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	23:58	6:54	3	1:46	19	6:33	3.47	23:58	6:54	5			6	2:09
Runde	3.47	25:02	7:12	4	2:52	21	7:33	6.94	49:00	7:03	5			6	5:45
Runde	3.47	25:56	7:28	4	3:06	21	7:47	10.41	1:14:56	7:11	4			6	21:53
Runde	3.47	26:32	7:38	4	3:49	22	7:29	13.88	1:41:28	7:18	3	9:04		6	13:26
Runde	3.47	26:38	7:40	4	3:11	22	7:41	17.35	2:08:06	7:22	4	12:11		23	32:20
Runde	3.47	26:44	7:42	3	2:03	19	7:15	20.82	2:34:50	7:26	3	13:25		6	19:32
Runde	3.47	27:36	7:57	3	3:30	18	8:12	24.29	3:02:26	7:30	3	16:55		5	45:44
Runde	3.47	28:11	8:07	3	4:00	18	8:23	27.76	3:30:37	7:35	2	20:55		6	52:50
Runde	3.47	29:10	8:24	3	4:56	18	9:04	31.23	3:59:47	7:40	3	25:51		22	1:00:12
Runde	3.47	29:46	8:34	3	5:29	18	9:41	34.70	4:29:33	7:46	2	31:20		6	31:49
Runde	3.47	29:01	8:21	3	4:26	18	8:42	38.17	4:58:34	7:49	3	35:46		5	33:29
Runde	3.97	28:11	7:05	3	3:56	16	7:48	42.18	5:26:45	7:44	5	4:00:36		22	4:42:53