



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Hartwig, Ronny

00: schritt-weise.de

00: 116

00: 42.18 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 5:28:53

00: 7.66 km/h

0000: 7:48 min/km

00000/000: 196 (of 220)

00000/0: 176 (of 194)

000000: 3:07:34

00000: 22(of 24)

0000000: 3:07:34

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	3.47	26:45	7:42	24	12:17	191	12:17	3.47	26:45	7:42	3	8:42	178	3:34
Runde	3.47	27:34	7:56	24	12:58	191	12:58	6.94	54:19	7:49	3	17:05	178	7:38
Runde	3.47	25:25	7:19	24	10:29	190	10:29	10.41	1:19:44	7:39	3	22:33	131	7:43
Runde	3.47	24:35	7:05	22	9:16	175	9:29	13.88	1:44:19	7:30	3	26:15	163	5:30
Runde	3.47	26:57	7:45	24	11:39	189	11:42	17.35	2:11:16	7:33	24	31:11	191	25:58
Runde	3.47	26:52	7:44	24	11:26	184	11:26	20.82	2:38:08	7:35	3	34:51	154	28:35
Runde	3.47	27:26	7:54	23	12:19	178	12:19	24.29	3:05:34	7:38	3	37:51	165	1:20:24
Runde	3.47	27:41	7:58	21	11:58	162	11:58	27.76	3:33:15	7:40	3	41:14	150	1:27:43
Runde	3.47	28:30	8:12	20	12:16	152	12:16	31.23	4:01:45	7:44	2	1:21:01	156	1:44:38
Runde	3.47	29:20	8:27	21	12:43	152	12:46	34.70	4:31:05	7:48	3	48:35	151	1:57:21
Runde	3.47	28:48	8:17	20	11:49	137	11:56	38.17	4:59:53	7:51	23	1:35:26	189	2:09:10
Runde	3.97	29:00	7:18	21	12:09	148	12:09	42.18	5:28:53	7:47	23	2:54:06	179	4:07:04