



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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**Blumensaat, Roland**

□□□: 5:28:54

□□: schritt-weise.de

□□: 7.66 km/h

□□: 38

□□□□: 7:48 min/km

□□: 42.18 km

□□□□□/□□□: 197 (of 220)

Marathon

□□□□□/□: 177 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 9(of 10)

Senioren M55 (55-59 Jahre)

□□□□□□□: 3:25:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	26:45	7:42	10	10:23	191	12:17	3.47	26:45	7:42	9	10:23	178	3:34	
Runde	3.47	27:37	7:57	10	11:06	192	13:01	6.94	54:22	7:50	9	21:29	179	7:41	
Runde	3.47	26:13	7:33	9	9:40	191	11:17	10.41	1:20:35	7:44	7	31:09	132	8:34	
Runde	3.47	23:44	6:50	8	7:19	158	8:38	13.88	1:44:19	7:30	8	27:07	163	5:30	
Runde	3.47	26:57	7:45	10	10:27	189	11:42	17.35	2:11:16	7:33	10	48:55	191	25:58	
Runde	3.47	26:53	7:44	10	10:15	185	11:27	20.82	2:38:09	7:35	9	59:10	155	28:36	
Runde	3.47	27:26	7:54	9	10:03	178	12:19	24.29	3:05:35	7:38	9	1:09:13	166	1:20:25	
Runde	3.47	27:40	7:58	8	10:08	161	11:57	27.76	3:33:15	7:40	9	1:19:21	150	1:27:43	
Runde	3.47	28:30	8:12	8	10:22	152	12:16	31.23	4:01:45	7:44	8	1:29:43	156	1:44:38	
Runde	3.47	29:21	8:27	8	11:37	153	12:47	34.70	4:31:06	7:48	8	1:41:20	152	1:57:22	
Runde	3.47	28:47	8:17	7	11:01	135	11:55	38.17	4:59:53	7:51	10	1:52:21	189	2:09:10	
Runde	3.97	29:01	7:18	8	10:56	149	12:10	42.18	5:28:54	7:47	9	2:03:17	180	4:07:05	