



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Kratochwill, Friedrich

□□□: 5:35:16

□□: Laufwunder Steyr

□□: 7.52 km/h

□□: 169

□□□□: 7:57 min/km

□□: 42.18 km

□□□□□/□□□: 201 (of 220)

Marathon

□□□□□/□: 181 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 34(of 38)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:42:15

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	24:03	6:55	34	8:11	178	9:35	3.47	24:03	6:55	15	3:09	183	0:52
Runde	3.47	23:17	6:42	30	7:35	164	8:41	6.94	47:20	6:49	15	3:06	183	0:39
Runde	3.47	23:53	6:52	30	7:47	169	8:57	10.41	1:11:13	6:50	37	20:05	191	
Runde	3.47	25:13	7:16	36	8:35	185	10:07	13.88	1:36:26	6:56	15	5:20	168	
Runde	3.47	25:20	7:18	32	8:32	175	10:05	17.35	2:01:46	7:01	15	4:56	174	16:28
Runde	3.47	27:39	7:58	36	10:38	187	12:13	20.82	2:29:25	7:10	15	9:25	159	19:52
Runde	3.47	28:21	8:10	35	10:56	184	13:14	24.29	2:57:46	7:19	17	9:08	170	1:12:36
Runde	3.47	29:41	8:33	32	11:50	177	13:58	27.76	3:27:27	7:28	14	12:51	155	1:21:55
Runde	3.47	30:37	8:49	33	11:41	174	14:23	31.23	3:58:04	7:37	16	15:18	161	1:40:57
Runde	3.47	33:03	9:31	34	11:33	181	16:29	34.70	4:31:07	7:48	6	32:40	156	1:57:23
Runde	3.47	32:39	9:24	36	11:30	180	15:47	38.17	5:03:46	7:57	15	17:23	169	2:13:03
Runde	3.97	31:30	7:56	31	10:33	171	14:39	42.18	5:35:16	7:56	34	1:53:01	184	4:13:27