



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Hegener, Franz-Josef

□□□: 5:40:53

□□: Salzkotten

□□: 7.39 km/h

□□: 119

□□□□: 8:05 min/km

□□: 42.18 km

□□□□□/□□□: 209 (of 220)

Marathon

□□□□□/□: 187 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 43(of 44)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:33:12

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	24:09	6:57	42	7:59	181	9:41	3.47	24:09	6:57	21	3:11	189	0:58
Runde	3.47	24:05	6:56	42	8:04	182	9:29	6.94	48:14	6:57	21	6:56	189	1:33
Runde	3.47	25:02	7:12	43	9:03	186	10:06	10.41	1:13:16	7:02	16		141	1:15
Runde	3.47	24:29	7:03	39	7:59	171	9:23	13.88	1:37:45	7:02	21	14:39	174	
Runde	3.47	25:48	7:26	42	8:46	181	10:33	17.35	2:03:33	7:07	20	7:08	179	18:15
Runde	3.47	27:39	7:58	43	10:43	187	12:13	20.82	2:31:12	7:15	22	10:20	165	21:39
Runde	3.47	29:49	8:35	43	12:18	189	14:42	24.29	3:01:01	7:27	44	14:05	190	1:15:51
Runde	3.47	30:57	8:55	43	13:14	187	15:14	27.76	3:31:58	7:38	18	8:20	161	1:26:26
Runde	3.47	32:23	9:19	44	13:56	186	16:09	31.23	4:04:21	7:49	21	30:49	166	1:47:14
Runde	3.47	32:53	9:28	43	13:34	180	16:19	34.70	4:37:14	7:59	20	32:55	162	2:03:30
Runde	3.47	32:52	9:28	43	13:51	182	16:00	38.17	5:10:06	8:07	44	34:13	191	2:19:23
Runde	3.97	30:47	7:45	37	12:10	165	13:56	42.18	5:40:53	8:04	43	2:07:41	190	4:19:04