



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Podewils, Thomas

□□□: 5:41:27

□□: Berlin

□□: 7.38 km/h

□□: 233

□□□□: 8:05 min/km

□□: 42.18 km

□□□□□/□□□: 210 (of 220)

Marathon

□□□□□/□: 188 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 37(of 38)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:42:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	24:48	7:08	38	8:56	187	10:20	3.47	24:48	7:08	18	3:54	190	1:37	
Runde	3.47	24:28	7:03	36	8:46	185	9:52	6.94	49:16	7:05	18	5:02	190	2:35	
Runde	3.47	23:58	6:54	31	7:52	171	9:02	10.41	1:13:14	7:02	3	22:06	142	1:13	
Runde	3.47	24:36	7:05	32	7:58	176	9:30	13.88	1:37:50	7:02	18	6:44	175		
Runde	3.47	24:12	6:58	29	7:24	154	8:57	17.35	2:02:02	7:02	36	5:12	186	16:44	
Runde	3.47	24:42	7:07	27	7:41	151	9:16	20.82	2:26:44	7:02	18	6:44	166	17:11	
Runde	3.47	26:56	7:45	32	9:31	169	11:49	24.29	2:53:40	7:08	21	5:02	175	1:08:30	
Runde	3.47	29:43	8:33	33	11:52	178	14:00	27.76	3:23:23	7:19	17	8:47	162	1:17:51	
Runde	3.47	33:14	9:34	37	14:18	189	17:00	31.23	3:56:37	7:34	19	13:51	167	1:39:30	
Runde	3.47	34:49	10:02	36	13:19	188	18:15	34.70	4:31:26	7:49	3	32:59	163	1:57:42	
Runde	3.47	36:04	10:23	37	14:55	189	19:12	38.17	5:07:30	8:03	18	21:07	175	2:16:47	
Runde	3.97	33:57	8:33	37	13:00	186	17:06	42.18	5:41:27	8:05	37	1:59:12	191	4:19:38	