



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Littfin, Reinhold

□□□: 2:41:12

□□: LT Lippehasen

□□: 7.82 km/h

□□: 183

□□□□: 7:33 min/km

□□: 21.34 km

□□□□□/□□□: 46 (of 62)

Halbmarathon

□□□□□/□: 38 (of 51)

□□□□□□: 1:34:46

□□□□:

□□□□□: 4(of 4)

Senioren M60 (60-64 Jahre)

□□□□□□□: 1:58:02

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47 | 25:17 | 7:17 | 4 | 5:43 | 43 | 10:45 | 3.47 | 25:17 | 7:17 | 3 | 5:43 | 47 | 2:01 | |
| Runde | 3.47 | 25:36 | 7:22 | 4 | 6:05 | 38 | 10:41 | 6.94 | 50:53 | 7:19 | 3 | 11:48 | 47 | 3:53 | |
| Runde | 3.47 | 26:43 | 7:41 | 4 | 7:13 | 43 | 11:10 | 10.41 | 1:17:36 | 7:27 | 3 | 19:01 | 37 | | |
| Runde | 3.47 | 27:12 | 7:50 | 4 | 7:32 | 40 | 11:07 | 13.88 | 1:44:48 | 7:33 | 3 | 26:33 | 46 | 7:15 | |
| Runde | 3.47 | 28:33 | 8:13 | 4 | 8:47 | 39 | 11:53 | 17.35 | 2:13:21 | 7:41 | 3 | 35:20 | 45 | 9:50 | |
| Runde | 3.97 | 27:51 | 7:00 | 3 | 7:50 | 32 | 10:50 | 21.34 | 2:41:12 | 7:33 | 4 | 43:10 | 38 | 1:06:26 | |