



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Escher, Christoph

□□□: 2:41:43

□□: Marathonteam-Ratingen

□□: 7.79 km/h

□□: 70

□□□□: 7:35 min/km

□□: 21.34 km

□□□□□/□□□: 47 (of 62)

Halbmarathon

□□□□□/□: 39 (of 51)

□□□□□□: 1:34:46

□□□□:

□□□□□: 9(of 11)

Senioren M45 (45-49 Jahre)

□□□□□□□: 1:43:57

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47 | 24:20 | 7:00 | 11 | 9:12 | 39 | 9:48 | 3.47 | 24:20 | 7:00 | 7 | 9:12 | 48 | 1:04 | |
| Runde | 3.47 | 25:45 | 7:25 | 9 | 9:57 | 39 | 10:50 | 6.94 | 50:05 | 7:12 | 7 | 19:09 | 48 | 3:05 | |
| Runde | 3.47 | 25:33 | 7:21 | 8 | 8:45 | 37 | 10:00 | 10.41 | 1:15:38 | 7:15 | 6 | 27:54 | 36 | | |
| Runde | 3.47 | 26:59 | 7:46 | 8 | 9:20 | 38 | 10:54 | 13.88 | 1:42:37 | 7:23 | 7 | 37:14 | 47 | 5:04 | |
| Runde | 3.47 | 28:42 | 8:16 | 10 | 10:10 | 40 | 12:02 | 17.35 | 2:11:19 | 7:34 | 7 | 47:24 | 46 | 7:48 | |
| Runde | 3.97 | 30:24 | 7:39 | 10 | 10:22 | 43 | 13:23 | 21.34 | 2:41:43 | 7:34 | 9 | 57:46 | 39 | 1:06:57 | |