



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Plückelmann, Willi

□□: tus hamborn neumühl
 □□: 232

□□: 21.34 km
 Halbmarathon

□□□□:
 Senioren M65 (65-69 Jahre)

□□□: 2:54:26

□□: 7.22 km/h
 □□□□: 8:10 min/km

□□□□□/□□□□: 58 (of 62)

□□□□□/□: 48 (of 51)

□□□□□□: 1:34:46

□□□□□: 2(of 2)

□□□□□□□: 2:52:30

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47 | 29:30 | 8:30 | 2 | 3:53 | 51 | 14:58 | 3.47 | 29:30 | 8:30 | 2 | 3:53 | 12 | 6:14 | |
| Runde | 3.47 | 26:01 | 7:29 | 1 | - | 42 | 11:06 | 6.94 | 55:31 | 7:59 | 2 | 2:45 | 12 | 8:31 | |
| Runde | 3.47 | 27:46 | 8:00 | 2 | 0:32 | 48 | 12:13 | 10.41 | 1:23:17 | 8:00 | 2 | 3:17 | 12 | | |
| Runde | 3.47 | 28:49 | 8:18 | 2 | 0:13 | 48 | 12:44 | 13.88 | 1:52:06 | 8:04 | 2 | 3:30 | 12 | 14:33 | |
| Runde | 3.47 | 30:10 | 8:41 | 1 | - | 46 | 13:30 | 17.35 | 2:22:16 | 8:11 | 2 | 2:57 | 12 | 18:45 | |
| Runde | 3.97 | 32:10 | 8:06 | 1 | - | 46 | 15:09 | 21.34 | 2:54:26 | 8:10 | 2 | 1:56 | 48 | 1:19:40 | |