



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

0000

Detto, Silvio

00: sportTREND Ultralaufteam
00: 56

00: 21.34 km
Halbmarathon

0000:
Senioren M45 (45-49 Jahre)

000: 1:55:16

00: 10.93 km/h
0000: 5:24 min/km

00000/000: 6 (of 62)

00000/0: 6 (of 51)

000000: 1:34:46

00000: 3(of 11)

0000000: 1:43:57

0000

0000

000

| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|-------|------|-------|--------|----|------|----|------|-------|---------|--------|----|-------|----|-------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| Runde | 3.47 | 16:50 | 4:51 | 2 | 1:42 | 4 | 2:18 | 3.47 | 16:50 | 4:51 | 3 | 1:42 | 31 | |
| Runde | 3.47 | 17:29 | 5:02 | 2 | 1:41 | 4 | 2:34 | 6.94 | 34:19 | 4:56 | 3 | 3:23 | 31 | |
| Runde | 3.47 | 18:04 | 5:12 | 2 | 1:16 | 4 | 2:31 | 10.41 | 52:23 | 5:01 | 3 | 4:39 | 29 | |
| Runde | 3.47 | 19:11 | 5:31 | 2 | 1:32 | 5 | 3:06 | 13.88 | 1:11:34 | 5:09 | 3 | 6:11 | 31 | |
| Runde | 3.47 | 21:08 | 6:05 | 3 | 2:36 | 9 | 4:28 | 17.35 | 1:32:42 | 5:20 | 3 | 8:47 | 30 | |
| Runde | 3.97 | 22:34 | 5:41 | 4 | 2:32 | 13 | 5:33 | 21.34 | 1:55:16 | 5:24 | 3 | 11:19 | 6 | 20:30 |