



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Sönke, Johannes

00: Baden
00: 278

00: 42.18 km
Marathon

0000:
Senioren M45 (45-49 Jahre)

000: 3:48:49

00: 11.01 km/h
0000: 5:25 min/km

00000/000: 16 (of 220)

00000/0: 16 (of 194)

000000: 3:07:34

00000: 6(of 44)

0000000: 3:33:12

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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	17:42	5:06	11	1:32	38	3:14	3.47	17:42	5:06	28	-	18	-
Runde	3.47	18:02	5:11	11	2:01	36	3:26	6.94	35:44	5:08	28	-	18	-
Runde	3.47	17:58	5:10	6	1:59	24	3:02	10.41	53:42	5:09	23	-	17	-
Runde	3.47	18:15	5:15	5	1:45	25	3:09	13.88	1:11:57	5:11	26	-	10	-
Runde	3.47	18:37	5:21	7	1:35	27	3:22	17.35	1:30:34	5:13	27	-	17	-
Runde	3.47	18:56	5:27	6	2:00	25	3:30	20.82	1:49:30	5:15	28	-	17	-
Runde	3.47	19:45	5:41	7	2:14	31	4:38	24.29	2:09:15	5:19	43	-	187	24:05
Runde	3.47	19:39	5:39	6	1:56	19	3:56	27.76	2:28:54	5:21	25	-	14	23:22
Runde	3.47	19:54	5:44	4	1:27	14	3:40	31.23	2:48:48	5:24	28	-	16	31:41
Runde	3.47	20:01	5:46	5	0:42	11	3:27	34.70	3:08:49	5:26	40	-	173	35:05
Runde	3.47	20:43	5:58	6	1:42	13	3:51	38.17	3:29:32	5:29	28	-	14	38:49
Runde	3.97	19:17	4:51	3	0:40	7	2:26	42.18	3:48:49	5:25	6	15:37	19	2:27:00