



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Kreis, Dieter

□□: Tria-Team Bruchköbel
 □□: 173

□□: 42.18 km
 Marathon

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 3:49:17

□□: 10.99 km/h
 □□□□: 5:26 min/km

□□□□□/□□□: 17 (of 220)

□□□□□/□: 17 (of 194)

□□□□□□: 3:07:34

□□□□□: 3(of 24)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	17:04	4:55	3	2:36	24	2:36	3.47	17:04	4:55	22		20	
Runde	3.47	17:21	5:00	3	2:45	21	2:45	6.94	34:25	4:57	22		20	
Runde	3.47	17:18	4:59	3	2:22	16	2:22	10.41	51:43	4:58	14		19	
Runde	3.47	17:59	5:10	4	2:40	21	2:53	13.88	1:09:42	5:01	21		12	
Runde	3.47	17:52	5:08	4	2:34	15	2:37	17.35	1:27:34	5:02	21		19	
Runde	3.47	18:10	5:14	3	2:44	12	2:44	20.82	1:45:44	5:04	18		19	
Runde	3.47	19:14	5:32	2	4:07	21	4:07	24.29	2:04:58	5:08	23		182	19:48
Runde	3.47	19:35	5:38	4	3:52	18	3:52	27.76	2:24:33	5:12	18		16	19:01
Runde	3.47	21:14	6:07	4	5:00	28	5:00	31.23	2:45:47	5:18	18	5:03	18	28:40
Runde	3.47	21:40	6:14	4	5:03	26	5:06	34.70	3:07:27	5:24	17		13	33:43
Runde	3.47	22:11	6:23	2	5:12	22	5:19	38.17	3:29:38	5:29	19	5:11	16	38:55
Runde	3.97	19:39	4:56	2	2:48	8	2:48	42.18	3:49:17	5:26	4	1:14:30	20	2:27:28