



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

□□□□

Thomas, Bernd

□□: MSV Eintracht Halberstadt
 □□: 307

□□: 42.18 km
 Marathon

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 3:49:37

□□: 10.97 km/h
 □□□□: 5:26 min/km

□□□□□/□□□: 19 (of 220)

□□□□□/□: 19 (of 194)

□□□□□□: 3:07:34

□□□□□: 2(of 38)

□□□□□□□: 3:42:15

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47 | 16:18 | 4:41 | 2 | 0:26 | 7 | 1:50 | 3.47 | 16:18 | 4:41 | 21 | | 17 | |
| Runde | 3.47 | 17:15 | 4:58 | 2 | 1:33 | 20 | 2:39 | 6.94 | 33:33 | 4:50 | 21 | | 21 | |
| Runde | 3.47 | 17:35 | 5:04 | 2 | 1:29 | 18 | 2:39 | 10.41 | 51:08 | 4:54 | 1 | - | 20 | |
| Runde | 3.47 | 17:38 | 5:04 | 2 | 1:00 | 17 | 2:32 | 13.88 | 1:08:46 | 4:57 | 21 | | 13 | |
| Runde | 3.47 | 18:20 | 5:17 | 2 | 1:32 | 21 | 3:05 | 17.35 | 1:27:06 | 5:01 | 19 | | 20 | |
| Runde | 3.47 | 18:37 | 5:21 | 2 | 1:36 | 18 | 3:11 | 20.82 | 1:45:43 | 5:04 | 21 | | 20 | |
| Runde | 3.47 | 19:13 | 5:32 | 3 | 1:48 | 20 | 4:06 | 24.29 | 2:04:56 | 5:08 | 35 | | 181 | 19:46 |
| Runde | 3.47 | 19:45 | 5:41 | 2 | 1:54 | 23 | 4:02 | 27.76 | 2:24:41 | 5:12 | 10 | | 17 | 19:09 |
| Runde | 3.47 | 20:43 | 5:58 | 2 | 1:47 | 24 | 4:29 | 31.23 | 2:45:24 | 5:17 | 11 | | 19 | 28:17 |
| Runde | 3.47 | 21:30 | 6:11 | 1 | - | 23 | 4:56 | 34.70 | 3:06:54 | 5:23 | 32 | | 169 | 33:10 |
| Runde | 3.47 | 21:46 | 6:16 | 2 | 0:37 | 20 | 4:54 | 38.17 | 3:28:40 | 5:28 | 21 | | 17 | 37:57 |
| Runde | 3.97 | 20:57 | 5:16 | 1 | - | 19 | 4:06 | 42.18 | 3:49:37 | 5:26 | 2 | 7:22 | 22 | 2:27:48 |