



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Großmann, Alexander

□□□: 3:53:17

□□: Normannia Berlin

□□: 10.80 km/h

□□: 103

□□□□: 5:32 min/km

□□: 42.18 km

□□□□□/□□□: 21 (of 220)

Marathon

□□□□□/□: 20 (of 194)

□□□□□□: 3:07:34

□□□□:

□□□□□: 4(of 24)

Senioren M35 (35-39 Jahre)

□□□□□□□: 3:07:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	17:26	5:01	4	2:58	29	2:58	3.47	17:26	5:01	21		22	
Runde	3.47	18:08	5:13	5	3:32	41	3:32	6.94	35:34	5:07	21		22	
Runde	3.47	18:06	5:12	4	3:10	28	3:10	10.41	53:40	5:09	13		21	
Runde	3.47	17:34	5:03	3	2:15	16	2:28	13.88	1:11:14	5:07	24		191	
Runde	3.47	17:39	5:05	3	2:21	14	2:24	17.35	1:28:53	5:07	20		21	
Runde	3.47	18:14	5:15	4	2:48	13	2:48	20.82	1:47:07	5:08	17		21	
Runde	3.47	19:23	5:35	4	4:16	24	4:16	24.29	2:06:30	5:12	21		12	21:20
Runde	3.47	18:59	5:28	3	3:16	14	3:16	27.76	2:25:29	5:14	17		18	19:57
Runde	3.47	21:23	6:09	6	5:09	33	5:09	31.23	2:46:52	5:20	17	6:08	20	29:45
Runde	3.47	22:00	6:20	5	5:23	28	5:26	34.70	3:08:52	5:26	19		174	35:08
Runde	3.47	23:37	6:48	5	6:38	39	6:45	38.17	3:32:29	5:34	18	8:02	18	41:46
Runde	3.97	20:48	5:14	3	3:57	16	3:57	42.18	3:53:17	5:31	5	1:18:30	23	2:31:28