



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

0000

Malig, Ralf

00: Bowlingclub Senftenberg

00: 188

00: 42.18 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:54:46

00: 10.73 km/h

0000: 5:34 min/km

00000/0000: 22 (of 220)

00000/0: 21 (of 194)

000000: 3:07:34

00000: 3(of 38)

0000000: 3:42:15

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	16:54	4:52	3	1:02	20	2:26	3.47	16:54	4:52	22		23	
Runde	3.47	17:35	5:04	3	1:53	25	2:59	6.94	34:29	4:58	22		23	
Runde	3.47	17:56	5:10	3	1:50	23	3:00	10.41	52:25	5:02	18	1:17	22	
Runde	3.47	18:34	5:21	3	1:56	29	3:28	13.88	1:10:59	5:06	38		189	
Runde	3.47	18:39	5:22	3	1:51	28	3:24	17.35	1:29:38	5:09	20		22	
Runde	3.47	18:59	5:28	3	1:58	27	3:33	20.82	1:48:37	5:13	22		22	
Runde	3.47	19:12	5:31	2	1:47	19	4:05	24.29	2:07:49	5:15	36		185	22:39
Runde	3.47	20:02	5:46	3	2:11	28	4:19	27.76	2:27:51	5:19	21		19	22:19
Runde	3.47	21:18	6:08	3	2:22	29	5:04	31.23	2:49:09	5:24	22		21	32:02
Runde	3.47	22:14	6:24	3	0:44	30	5:40	34.70	3:11:23	5:30	23		14	37:39
Runde	3.47	22:22	6:26	3	1:13	24	5:30	38.17	3:33:45	5:35	22		19	43:02
Runde	3.97	21:01	5:17	2	0:04	20	4:10	42.18	3:54:46	5:33	3	12:31	24	2:32:57