



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Roth, Sebastian

00: 100 Marathon Club  
00: 353

00: 42.18 km  
Marathon

0000:  
Senioren M40 (40-44 Jahre)

000: 4:01:24

00: 10.44 km/h  
0000: 5:43 min/km

00000/000: 31 (of 220)

00000/0: 30 (of 194)

000000: 3:07:34

00000: 5(of 42)

0000000: 3:33:09

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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	17:29	5:02	6	1:10	30	3:01	3.47	17:29	5:02	26			24
Runde	3.47	18:19	5:16	9	1:58	43	3:43	6.94	35:48	5:09	26			32
Runde	3.47	18:10	5:14	6	1:42	29	3:14	10.41	53:58	5:11	22			31
Runde	3.47	19:08	5:30	11	2:44	41	4:02	13.88	1:13:06	5:15	25			20
Runde	3.47	19:17	5:33	8	3:12	37	4:02	17.35	1:32:23	5:19	26			31
Runde	3.47	19:00	5:28	6	2:09	28	3:34	20.82	1:51:23	5:20	25			31
Runde	3.47	19:27	5:36	5	1:55	26	4:20	24.29	2:10:50	5:23	42		188	25:40
Runde	3.47	20:01	5:46	6	2:30	27	4:18	27.76	2:30:51	5:26	22		28	25:19
Runde	3.47	21:10	6:05	7	3:27	27	4:56	31.23	2:52:01	5:30	26		30	34:54
Runde	3.47	20:59	6:02	5	2:05	20	4:25	34.70	3:13:00	5:33	25		21	39:16
Runde	3.47	23:00	6:37	6	2:25	31	6:08	38.17	3:36:00	5:39	26		28	45:17
Runde	3.97	25:24	6:23	22	5:21	82	8:33	42.18	4:01:24	5:43	5	28:15	33	2:39:35