



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Mannel, Tobias

□□□: 2:21:18

□□: 295

□□: 8.92 km/h

□□□□: 6:37 min/km

□□: 21.34 km

□□□□□/□□□: 96 (of 201)

Halbmarathon

□□□□□/□: 82 (of 167)

□□□□□□: 1:32:52

□□□□:

□□□□□: 17(of 27)

Senioren M30 (30-34 Jahre)

□□□□□□□: 1:32:52

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□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47     | 23:41    | 6:49         | 23      | 8:52    | 118     | 9:21    | 3.47  | 23:41     | 6:49          | 10      | 2:24    | 84      | 0:48    |
| Runde | 3.47     | 22:26    | 6:27         | 20      | 7:37    | 88      | 7:37    | 6.94  | 46:07     | 6:38          | 11      | 2:53    | 83      | 16:29   |
| Runde | 3.47     | 22:56    | 6:36         | 17      | 7:23    | 80      | 9:16    | 10.41 | 1:09:03   | 6:37          | 11      | 3:45    | 83      | 23:52   |
| Runde | 3.47     | 23:28    | 6:45         | 15      | 7:41    | 76      | 7:41    | 13.88 | 1:32:31   | 6:39          | 11      | 4:39    | 81      | 31:33   |
| Runde | 3.47     | 23:55    | 6:53         | 14      | 7:54    | 64      | 7:54    | 17.35 | 1:56:26   | 6:42          | 11      | 2:25    | 80      | 39:27   |
| Runde | 3.97     | 24:52    | 6:15         | 16      | 8:59    | 81      | 24:16   | 21.34 | 2:21:18   | 6:37          | 17      | 48:26   | 83      | 1:33:51 |