



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Härle, Ralf

00: VfL Börnsen
00: 200

00: 42.18 km
Marathon

0000:
Senioren M50 (50-54 Jahre)

000: 3:22:57

00: 12.42 km/h
0000: 4:49 min/km

00000/000: 6 (of 272)

00000/0: 6 (of 245)

000000: 3:07:01

00000: 1(of 40)

0000000: 3:22:57

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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	14:37	4:12	1	-	5	0:51	3.47	14:37	4:12	22	-	9	
Runde	3.47	15:08	4:21	1	-	4	0:27	6.94	29:45	4:17	22	-	9	
Runde	3.47	15:45	4:32	1	-	5	0:48	10.41	45:30	4:22	22	-	9	
Runde	3.47	16:13	4:40	1	-	6	0:36	13.88	1:01:43	4:26	31	-	8	
Runde	3.47	16:32	4:45	1	-	5	0:57	17.35	1:18:15	4:30	31	-	7	
Runde	3.47	17:08	4:56	1	-	8	1:40	20.82	1:35:23	4:34	31	-	7	
Runde	3.47	17:28	5:02	1	-	7	1:55	24.29	1:52:51	4:38	31	-	7	
Runde	3.47	17:26	5:01	1	-	6	1:18	27.76	2:10:17	4:41	31	-	7	
Runde	3.47	17:54	5:09	1	-	6	1:52	31.23	2:28:11	4:44	31	-	6	9:21
Runde	3.47	18:27	5:19	1	-	6	2:21	34.70	2:46:38	4:48	31	-	6	11:42
Runde	3.47	18:23	5:17	1	-	5	2:31	38.17	3:05:01	4:50	31	-	6	14:13
Runde	3.97	17:56	4:31	4	17:27	9	17:39	42.18	3:22:57	4:48	2	1:53:44	7	1:53:44