



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

0000

Wachowiak, Jörg

00: TSG Siegen

00: 487

00: 42.18 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:34:54

00: 11.73 km/h

0000: 5:05 min/km

00000/0000: 12 (of 272)

00000/0: 12 (of 245)

000000: 3:07:01

00000: 1(of 51)

0000000: 3:34:54

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	16:09	4:39	4	1:37	21	2:23	3.47	16:09	4:39	40	-	15	
Runde	3.47	16:34	4:46	3	1:32	17	1:53	6.94	32:43	4:42	40	-	15	
Runde	3.47	16:48	4:50	3	1:19	14	1:51	10.41	49:31	4:45	40	-	15	
Runde	3.47	17:17	4:58	4	1:19	18	1:40	13.88	1:06:48	4:48	40	-	14	
Runde	3.47	17:27	5:01	3	0:45	16	1:52	17.35	1:24:15	4:51	40	-	13	
Runde	3.47	17:26	5:01	2	0:17	11	1:58	20.82	1:41:41	4:53	40	-	13	
Runde	3.47	17:59	5:10	1	-	12	2:26	24.29	1:59:40	4:55	40	-	13	
Runde	3.47	18:26	5:18	1	-	10	2:18	27.76	2:18:06	4:58	40	-	13	
Runde	3.47	19:11	5:31	1	-	12	3:09	31.23	2:37:17	5:02	40	-	12	18:27
Runde	3.47	19:26	5:36	1	-	13	3:20	34.70	2:56:43	5:05	39	-	12	21:47
Runde	3.47	19:26	5:36	1	-	10	3:34	38.17	3:16:09	5:08	39	-	12	25:21
Runde	3.97	18:45	4:43	2	0:46	16	18:28	42.18	3:34:54	5:05	1	-	13	2:05:41