



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Amrein, Ivo

□□: LSV Basel

□□: 7

□□: 42.18 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 3:58:47

□□: 10.55 km/h

□□□□: 5:40 min/km

□□□□□/□□□□: 38 (of 272)

□□□□□/□: 37 (of 245)

□□□□□□: 3:07:01

□□□□□: 9(of 26)

□□□□□□□: 3:14:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	16:29	4:45	8	2:43	26	2:43	3.47	16:29	4:45	19	-	43	
Runde	3.47	17:34	5:03	10	2:53	36	2:53	6.94	34:03	4:54	19	-	43	
Runde	3.47	18:56	5:27	14	3:13	61	3:59	10.41	52:59	5:05	19	-	43	
Runde	3.47	18:34	5:21	11	2:55	39	2:57	13.88	1:11:33	5:09	19	-	42	
Runde	3.47	18:50	5:25	11	2:50	36	3:15	17.35	1:30:23	5:12	19	-	41	
Runde	3.47	19:37	5:39	11	3:37	47	4:09	20.82	1:50:00	5:17	19	-	41	
Runde	3.47	19:55	5:44	10	3:10	36	4:22	24.29	2:09:55	5:20	19	-	41	
Runde	3.47	21:21	6:09	10	4:47	50	5:13	27.76	2:31:16	5:26	19	-	41	
Runde	3.47	22:19	6:25	10	5:00	48	6:17	31.23	2:53:35	5:33	19	-	40	34:45
Runde	3.47	21:47	6:16	5	4:45	34	5:41	34.70	3:15:22	5:37	19	-	37	40:26
Runde	3.47	21:37	6:13	4	4:39	28	5:45	38.17	3:36:59	5:41	19	-	37	46:11
Runde	3.97	21:48	5:29	9	5:49	42	21:31	42.18	3:58:47	5:39	9	44:33	40	2:29:34