



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Staun, Thomas

□□: Horsens All Runners
 □□: 443

□□: 42.18 km
 Marathon

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 4:06:10

□□: 10.24 km/h
 □□□□: 5:50 min/km

□□□□□/□□□□: 50 (of 272)

□□□□□/□: 48 (of 245)

□□□□□□: 3:07:01

□□□□□: 7(of 63)

□□□□□□□: 3:35:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	19:02	5:29	22	3:12	79	5:16	3.47	19:02	5:29	2	-	54	
Runde	3.47	18:05	5:12	8	1:38	42	3:24	6.94	37:07	5:20	39	-	54	
Runde	3.47	18:35	5:21	8	1:38	46	3:38	10.41	55:42	5:21	39	-	54	
Runde	3.47	17:55	5:09	4	0:54	27	2:18	13.88	1:13:37	5:18	39	-	20	
Runde	3.47	18:12	5:14	3	0:57	27	2:37	17.35	1:31:49	5:17	39	-	52	
Runde	3.47	18:46	5:24	4	0:57	31	3:18	20.82	1:50:35	5:18	39	-	52	
Runde	3.47	19:56	5:44	6	1:45	37	4:23	24.29	2:10:31	5:22	39	-	52	
Runde	3.47	20:29	5:54	4	2:02	34	4:21	27.76	2:31:00	5:26	39	-	52	
Runde	3.47	21:25	6:10	6	2:50	42	5:23	31.23	2:52:25	5:31	39	-	51	33:35
Runde	3.47	23:20	6:43	9	3:51	57	7:14	34.70	3:15:45	5:38	39	-	48	40:49
Runde	3.47	25:10	7:15	16	5:43	84	9:18	38.17	3:40:55	5:47	39	-	48	50:07
Runde	3.97	25:15	6:21	21	7:16	95	24:58	42.18	4:06:10	5:50	7	30:27	51	2:36:57