



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Amtmann, Klaus

□□□: 4:07:16

□□: Solingen

□□: 10.19 km/h

□□: 8

□□□□: 5:52 min/km

□□: 42.18 km

□□□□□/□□□: 51 (of 272)

Marathon

□□□□□/□: 49 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 8(of 63)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:35:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	17:18	4:59	8	1:28	42	3:32	3.47	17:18	4:59	40	-	55	
Runde	3.47	17:10	4:56	5	0:43	31	2:29	6.94	34:28	4:57	40	-	55	
Runde	3.47	17:44	5:06	4	0:47	29	2:47	10.41	52:12	5:00	40	-	55	
Runde	3.47	18:20	5:17	5	1:19	34	2:43	13.88	1:10:32	5:04	40	-	54	
Runde	3.47	18:13	5:14	4	0:58	29	2:38	17.35	1:28:45	5:06	40	-	21	
Runde	3.47	19:00	5:28	5	1:11	33	3:32	20.82	1:47:45	5:10	40	-	53	
Runde	3.47	19:23	5:35	3	1:12	28	3:50	24.29	2:07:08	5:14	40	-	30	
Runde	3.47	22:10	6:23	12	3:43	61	6:02	27.76	2:29:18	5:22	40	-	53	
Runde	3.47	22:43	6:32	12	4:08	58	6:41	31.23	2:52:01	5:30	40	-	52	33:11
Runde	3.47	24:02	6:55	14	4:33	72	7:56	34.70	3:16:03	5:38	40	-	36	41:07
Runde	3.47	25:36	7:22	21	6:09	94	9:44	38.17	3:41:39	5:48	40	-	49	50:51
Runde	3.97	25:37	6:27	26	7:38	107	25:20	42.18	4:07:16	5:51	8	31:33	52	2:38:03