



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Friese, Ralf

□□: SC Delphin Ingolstadt

□□: 96

□□: 42.18 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:18:15

□□: 9.76 km/h

□□□□: 6:07 min/km

□□□□□/□□□: 64 (of 272)

□□□□□/□: 60 (of 245)

□□□□□□: 3:07:01

□□□□□: 15(of 51)

□□□□□□□: 3:34:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	17:58	5:10	11	3:26	57	4:12	3.47	17:58	5:10	42		68	
Runde	3.47	18:21	5:17	13	3:19	55	3:40	6.94	36:19	5:13	42		68	
Runde	3.47	18:49	5:25	16	3:20	56	3:52	10.41	55:08	5:17	42		68	
Runde	3.47	19:12	5:31	14	3:14	57	3:35	13.88	1:14:20	5:21	42		67	
Runde	3.47	19:29	5:36	14	2:47	53	3:54	17.35	1:33:49	5:24	42		63	
Runde	3.47	19:54	5:44	13	2:45	51	4:26	20.82	1:53:43	5:27	42		66	
Runde	3.47	20:58	6:02	16	2:59	57	5:25	24.29	2:14:41	5:32	42		66	
Runde	3.47	22:02	6:20	15	3:36	60	5:54	27.76	2:36:43	5:38	42		66	
Runde	3.47	23:35	6:47	16	4:24	73	7:33	31.23	3:00:18	5:46	42		65	41:28
Runde	3.47	25:30	7:20	23	6:04	106	9:24	34.70	3:25:48	5:55	40		60	50:52
Runde	3.47	26:53	7:44	25	7:27	120	11:01	38.17	3:52:41	6:05	40		60	1:01:53
Runde	3.97	25:34	6:26	20	7:35	106	25:17	42.18	4:18:15	6:07	16	43:21	63	2:49:02