



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Friedrich, Ilka

□□: LC BlueLiner

□□: 95

□□: 42.18 km

Marathon

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 4:19:56

□□: 9.69 km/h

□□□□: 6:10 min/km

□□□□□/□□□□: 68 (of 272)

□□□□□/□: 5 (of 27)

□□□□□□: 3:36:40

□□□□□: 1(of 2)

□□□□□□□: 4:19:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	19:42	5:40	1	-	6	3:08	3.47	19:42	5:40	1	-	20		
Runde	3.47	20:18	5:51	1	-	8	3:27	6.94	40:00	5:45	1	-	20		
Runde	3.47	20:16	5:50	1	-	5	3:07	10.41	1:00:16	5:47	1	-	20		
Runde	3.47	20:23	5:52	1	-	5	3:51	13.88	1:20:39	5:48	1	-	20		
Runde	3.47	20:43	5:58	1	-	6	3:21	17.35	1:41:22	5:50	1	-	20		
Runde	3.47	21:06	6:04	1	-	6	3:48	20.82	2:02:28	5:52	1	-	20		
Runde	3.47	21:53	6:18	1	-	6	3:38	24.29	2:24:21	5:56	1	-	20		
Runde	3.47	22:05	6:21	1	-	4	3:56	27.76	2:46:26	5:59	1	-	20		
Runde	3.47	22:49	6:34	1	-	5	3:09	31.23	3:09:15	6:03	1	-	20		
Runde	3.47	23:34	6:47	1	-	5	4:07	34.70	3:32:49	6:07	1	-	20		
Runde	3.47	23:40	6:49	1	-	5	5:09	38.17	3:56:29	6:11	1	-	20		
Runde	3.97	23:27	5:54	1	-	5	2:35	42.18	4:19:56	6:09	1	-	5	43:16	