



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Tschapka, frank

□□: Magdeburg

□□: 476

□□: 42.18 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:21:10

□□: 9.65 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 71 (of 272)

□□□□□/□: 65 (of 245)

□□□□□□: 3:07:01

□□□□□: 14(of 63)

□□□□□□□: 3:35:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	17:37	5:04	13	1:47	50	3:51	3.47	17:37	5:04	46	-	73	
Runde	3.47	18:29	5:19	14	2:02	60	3:48	6.94	36:06	5:12	36	-	39	
Runde	3.47	19:07	5:30	13	2:10	63	4:10	10.41	55:13	5:18	46	-	73	
Runde	3.47	19:17	5:33	13	2:16	59	3:40	13.88	1:14:30	5:22	46	-	72	
Runde	3.47	19:03	5:29	6	1:48	41	3:28	17.35	1:33:33	5:23	46	-	71	
Runde	3.47	19:47	5:42	9	1:58	50	4:19	20.82	1:53:20	5:26	46	-	71	
Runde	3.47	20:17	5:50	8	2:06	42	4:44	24.29	2:13:37	5:30	46	-	71	
Runde	3.47	20:51	6:00	6	2:24	41	4:43	27.76	2:34:28	5:33	46	-	71	
Runde	3.47	22:17	6:25	8	3:42	47	6:15	31.23	2:56:45	5:39	46	-	70	37:55
Runde	3.47	24:04	6:56	16	4:35	75	7:58	34.70	3:20:49	5:47	46	-	65	45:53
Runde	3.47	27:07	7:48	29	7:40	125	11:15	38.17	3:47:56	5:58	46	-	65	57:08
Runde	3.97	33:14	8:22	54	15:15	213	32:57	42.18	4:21:10	6:11	14	45:27	68	2:51:57