



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Sistermanns, Elmar

000: 4:22:18

00: LG Mörfelden/ Walldorf

00: 9.65 km/h

00: 435

0000: 6:13 min/km

00: 42.18 km

00000/000: 74 (of 272)

Marathon

00000/0: 68 (of 245)

000000: 3:07:01

0000:

00000: 17(of 51)

Senioren M45 (45-49 Jahre)

0000000: 3:34:54

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	3.47	18:58	5:27	18	4:26	78	5:12	3.47	18:58	5:27	44	-	76	
Runde	3.47	19:19	5:34	20	4:17	79	4:38	6.94	38:17	5:30	44	-	76	
Runde	3.47	20:24	5:52	24	4:55	98	5:27	10.41	58:41	5:38	44	-	76	
Runde	3.47	20:25	5:53	23	4:27	87	4:48	13.88	1:19:06	5:41	44	-	75	
Runde	3.47	21:40	6:14	27	4:58	113	6:05	17.35	1:40:46	5:48	44	-	74	4:30
Runde	3.47	23:33	6:47	34	6:24	148	8:05	20.82	2:04:19	5:58	44	-	74	6:39
Runde	3.47	22:53	6:35	24	4:54	106	7:20	24.29	2:27:12	6:03	44	-	74	6:57
Runde	3.47	23:00	6:37	20	4:34	83	6:52	27.76	2:50:12	6:07	44	-	74	5:32
Runde	3.47	22:46	6:33	15	3:35	60	6:44	31.23	3:12:58	6:10	44	-	73	54:08
Runde	3.47	23:11	6:40	13	3:45	53	7:05	34.70	3:36:09	6:13	42	-	68	1:01:13
Runde	3.47	23:15	6:42	13	3:49	52	7:23	38.17	3:59:24	6:16	42	-	68	1:08:36
Runde	3.97	22:54	5:46	12	4:55	56	22:37	42.18	4:22:18	6:13	18	47:24	71	2:53:05