



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Karlsson, Leif

□□: Marathonguiderna

□□: 225

□□: 42.18 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:25:42

□□: 9.48 km/h

□□□□: 6:18 min/km

□□□□□/□□□: 82 (of 272)

□□□□□/□: 75 (of 245)

□□□□□□: 3:07:01

□□□□□: 5(of 40)

□□□□□□□: 3:22:57

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:46	6:16	24	7:09	154	8:00	3.47	21:46	6:16	26	-	83	-
Runde	3.47	20:44	5:58	16	5:36	122	6:03	6.94	42:30	6:07	26	-	83	-
Runde	3.47	21:20	6:08	18	5:35	126	6:23	10.41	1:03:50	6:07	26	-	83	-
Runde	3.47	21:33	6:12	17	5:20	123	5:56	13.88	1:25:23	6:09	25	-	82	-
Runde	3.47	20:57	6:02	8	4:25	88	5:22	17.35	1:46:20	6:07	25	-	81	10:04
Runde	3.47	22:09	6:22	16	5:01	109	6:41	20.82	2:08:29	6:10	25	-	81	10:49
Runde	3.47	21:47	6:16	5	4:19	72	6:14	24.29	2:30:16	6:11	25	-	81	10:01
Runde	3.47	22:19	6:25	4	4:53	63	6:11	27.76	2:52:35	6:13	25	-	81	7:55
Runde	3.47	22:32	6:29	4	4:38	54	6:30	31.23	3:15:07	6:14	25	-	80	56:17
Runde	3.47	22:52	6:35	4	4:25	47	6:46	34.70	3:37:59	6:16	25	-	75	1:03:03
Runde	3.47	23:13	6:41	4	4:50	50	7:21	38.17	4:01:12	6:19	25	-	75	1:10:24
Runde	3.97	24:30	6:10	13	24:01	83	24:13	42.18	4:25:42	6:17	6	2:56:29	78	2:56:29