



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Hardes, Christoph

□□: Paderborn
 □□: 146

□□: 42.18 km
 Marathon

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 4:27:36

□□: 9.42 km/h
 □□□□: 6:20 min/km

□□□□□/□□□: 87 (of 272)

□□□□□/□: 80 (of 245)

□□□□□□: 3:07:01

□□□□□: 19(of 63)

□□□□□□□: 3:35:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:07	5:47	29	4:17	112	6:21	3.47	20:07	5:47	51		88	
Runde	3.47	19:39	5:39	24	3:12	93	4:58	6.94	39:46	5:43	51		88	
Runde	3.47	20:19	5:51	23	3:22	93	5:22	10.41	1:00:05	5:46	51		88	
Runde	3.47	20:36	5:56	21	3:35	90	4:59	13.88	1:20:41	5:48	51		87	
Runde	3.47	21:01	6:03	21	3:46	90	5:26	17.35	1:41:42	5:51	51		86	5:26
Runde	3.47	21:02	6:03	16	3:13	74	5:34	20.82	2:02:44	5:53	51		86	5:04
Runde	3.47	21:40	6:14	15	3:29	67	6:07	24.29	2:24:24	5:56	51		86	4:09
Runde	3.47	22:16	6:25	13	3:49	62	6:08	27.76	2:46:40	6:00	51		86	2:00
Runde	3.47	23:07	6:39	13	4:32	67	7:05	31.23	3:09:47	6:04	51		85	50:57
Runde	3.47	25:06	7:14	22	5:37	92	9:00	34.70	3:34:53	6:11	51		80	59:57
Runde	3.47	26:39	7:40	26	7:12	114	10:47	38.17	4:01:32	6:19	51		80	1:10:44
Runde	3.97	26:04	6:33	27	8:05	115	25:47	42.18	4:27:36	6:20	19	51:53	83	2:58:23