



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Urbaniaak, Hans

□□□: 4:30:08

□□: Endorphinjunkies.de Dortmund

□□: 9.33 km/h

□□: 480

□□□□: 6:24 min/km

□□: 42.18 km

□□□□□/□□□: 95 (of 272)

Marathon

□□□□□/□: 88 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 9(of 40)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:22:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	19:19	5:34	11	4:42	89	5:33	3.47	19:19	5:34	30	-	96	
Runde	3.47	19:47	5:42	10	4:39	97	5:06	6.94	39:06	5:38	30	-	96	
Runde	3.47	20:33	5:55	12	4:48	108	5:36	10.41	59:39	5:43	30	-	96	
Runde	3.47	20:38	5:56	9	4:25	93	5:01	13.88	1:20:17	5:47	29	-	95	
Runde	3.47	20:55	6:01	6	4:23	84	5:20	17.35	1:41:12	5:49	29	-	94	4:56
Runde	3.47	21:29	6:11	9	4:21	88	6:01	20.82	2:02:41	5:53	29	-	94	5:01
Runde	3.47	23:20	6:43	19	5:52	115	7:47	24.29	2:26:01	6:00	29	-	94	5:46
Runde	3.47	24:11	6:58	15	6:45	112	8:03	27.76	2:50:12	6:07	29	-	74	5:32
Runde	3.47	24:42	7:07	13	6:48	102	8:40	31.23	3:14:54	6:14	29	-	93	56:04
Runde	3.47	25:21	7:18	13	6:54	100	9:15	34.70	3:40:15	6:20	29	-	88	1:05:19
Runde	3.47	24:37	7:05	8	6:14	70	8:45	38.17	4:04:52	6:24	29	-	88	1:14:04
Runde	3.97	25:16	6:21	16	24:47	97	24:59	42.18	4:30:08	6:24	10	3:00:55	91	3:00:55