



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Porstner, Thomas

□□□: 4:31:02

□□: GutsMuths-RLV

□□: 9.30 km/h

□□: 357

□□□□: 6:26 min/km

□□: 42.18 km

□□□□□/□□□: 100 (of 272)

Marathon

□□□□□/□: 93 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 12(of 40)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:22:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	18:32	5:20	9	3:55	67	4:46	3.47	18:32	5:20	33	-	101	
Runde	3.47	19:44	5:41	9	4:36	96	5:03	6.94	38:16	5:30	33	-	101	
Runde	3.47	20:33	5:55	12	4:48	108	5:36	10.41	58:49	5:39	33	-	101	
Runde	3.47	20:56	6:01	12	4:43	103	5:19	13.88	1:19:45	5:44	32	-	100	
Runde	3.47	20:56	6:01	7	4:24	86	5:21	17.35	1:40:41	5:48	32	-	99	4:25
Runde	3.47	21:50	6:17	11	4:42	100	6:22	20.82	2:02:31	5:53	32	-	99	4:51
Runde	3.47	22:21	6:26	8	4:53	85	6:48	24.29	2:24:52	5:57	32	-	99	4:37
Runde	3.47	22:49	6:34	7	5:23	76	6:41	27.76	2:47:41	6:02	32	-	99	3:01
Runde	3.47	25:57	7:28	20	8:03	131	9:55	31.23	3:13:38	6:12	32	-	98	54:48
Runde	3.47	25:05	7:13	10	6:38	91	8:59	34.70	3:38:43	6:18	32	-	93	1:03:47
Runde	3.47	26:24	7:36	15	8:01	111	10:32	38.17	4:05:07	6:25	32	-	93	1:14:19
Runde	3.97	25:55	6:31	18	25:26	111	25:38	42.18	4:31:02	6:25	13	3:01:49	96	3:01:49