



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Smeets, Uschi

□□□: 4:31:54

□□: Mönchengladbacher LG

□□: 9.27 km/h

□□: 436

□□□□: 6:27 min/km

□□: 42.18 km

□□□□□/□□□: 101 (of 272)

Marathon

□□□□□/□: 8 (of 27)

□□□□□□: 3:36:40

□□□□:

□□□□□: 2(of 7)

Seniorinnen W45 (45-49 Jahre)

□□□□□□□: 4:21:08

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	19:05	5:29	3	1:04	5	2:31	3.47	19:05	5:29	3		17	
Runde	3.47	21:13	6:06	3	1:57	9	4:22	6.94	40:18	5:48	3		17	
Runde	3.47	21:51	6:17	3	2:04	9	4:42	10.41	1:02:09	5:58	3		17	
Runde	3.47	21:28	6:11	2	1:16	8	4:56	13.88	1:23:37	6:01	2	6:12	17	1:31
Runde	3.47	21:49	6:17	2	1:24	8	4:27	17.35	1:45:26	6:04	2	7:36	17	
Runde	3.47	22:43	6:32	2	2:11	8	5:25	20.82	2:08:09	6:09	2	9:47	17	
Runde	3.47	22:52	6:35	2	0:58	8	4:37	24.29	2:31:01	6:13	2	10:45	17	
Runde	3.47	23:23	6:44	2	0:22	8	5:14	27.76	2:54:24	6:16	2	11:07	17	
Runde	3.47	24:52	7:09	2	1:19	9	5:12	31.23	3:19:16	6:22	2	12:26	17	
Runde	3.47	24:39	7:06	2	0:16	8	5:12	34.70	3:43:55	6:27	2	12:42	17	
Runde	3.47	25:11	7:15	3	0:38	9	6:40	38.17	4:09:06	6:31	2	13:02	17	
Runde	3.97	22:48	5:44	1	-	3	1:56	42.18	4:31:54	6:26	2	10:46	8	55:14