



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Spillebeen, Uwe

□□□: 4:32:02

□□: Team Dickfeitzen / IGAS

□□: 9.30 km/h

□□: 439

□□□□: 6:27 min/km

□□: 42.18 km

□□□□□/□□□: 102 (of 272)

Marathon

□□□□□/□: 94 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 3(of 19)

Senioren M55 (55-59 Jahre)

□□□□□□□: 3:20:35

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47 | 25:42 | 7:24 | 14 | 10:14 | 226 | 11:56 | 3.47 | 25:42 | 7:24 | 16 | 4:08 | 102 | 3:16 |
| Runde | 3.47 | 22:22 | 6:26 | 6 | 6:34 | 168 | 7:41 | 6.94 | 48:04 | 6:55 | 16 | 4:05 | 102 | |
| Runde | 3.47 | 22:01 | 6:20 | 5 | 5:56 | 148 | 7:04 | 10.41 | 1:10:05 | 6:43 | 16 | 3:35 | 102 | |
| Runde | 3.47 | 21:59 | 6:20 | 4 | 5:35 | 136 | 6:22 | 13.88 | 1:32:04 | 6:37 | 16 | | 101 | |
| Runde | 3.47 | 21:47 | 6:16 | 4 | 5:01 | 118 | 6:12 | 17.35 | 1:53:51 | 6:33 | 16 | | 100 | 17:35 |
| Runde | 3.47 | 21:49 | 6:17 | 3 | 4:46 | 99 | 6:21 | 20.82 | 2:15:40 | 6:30 | 16 | | 100 | 18:00 |
| Runde | 3.47 | 22:32 | 6:29 | 3 | 5:56 | 91 | 6:59 | 24.29 | 2:38:12 | 6:30 | 16 | | 100 | 17:57 |
| Runde | 3.47 | 23:01 | 6:37 | 2 | 5:57 | 84 | 6:53 | 27.76 | 3:01:13 | 6:31 | 16 | | 100 | 16:33 |
| Runde | 3.47 | 23:08 | 6:39 | 2 | 5:30 | 68 | 7:06 | 31.23 | 3:24:21 | 6:32 | 16 | | 99 | 1:05:31 |
| Runde | 3.47 | 22:43 | 6:32 | 2 | 5:16 | 42 | 6:37 | 34.70 | 3:47:04 | 6:32 | 16 | | 94 | 1:12:08 |
| Runde | 3.47 | 22:29 | 6:28 | 2 | 5:24 | 40 | 6:37 | 38.17 | 4:09:33 | 6:32 | 16 | | 94 | 1:18:45 |
| Runde | 3.97 | 22:29 | 5:39 | 3 | 22:12 | 51 | 22:12 | 42.18 | 4:32:02 | 6:26 | 3 | 1:11:27 | 97 | 3:02:49 |