



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Spillebeen, Uwe

□□□: 4:32:02

□□: Team Dickfeitzen / IGAS

□□: 9.26 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