



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Gierer, Philip

□□: TC FIKO Rostock
 □□: 117

□□: 42.18 km
 Marathon

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 4:32:45

□□: 9.28 km/h
 □□□□: 6:28 min/km

□□□□□/□□□: 106 (of 272)

□□□□□/□: 98 (of 245)

□□□□□□: 3:07:01

□□□□□: 23(of 63)

□□□□□□□: 3:35:43

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47 | 18:57 | 5:27 | 21 | 3:07 | 77 | 5:11 | 3.47 | 18:57 | 5:27 | 55 | - | 106 | |
| Runde | 3.47 | 20:12 | 5:49 | 29 | 3:45 | 110 | 5:31 | 6.94 | 39:09 | 5:38 | 55 | - | 106 | |
| Runde | 3.47 | 20:22 | 5:52 | 25 | 3:25 | 95 | 5:25 | 10.41 | 59:31 | 5:43 | 55 | - | 106 | |
| Runde | 3.47 | 21:26 | 6:10 | 30 | 4:25 | 119 | 5:49 | 13.88 | 1:20:57 | 5:49 | 43 | - | 66 | |
| Runde | 3.47 | 20:13 | 5:49 | 14 | 2:58 | 67 | 4:38 | 17.35 | 1:41:10 | 5:49 | 55 | - | 104 | 4:54 |
| Runde | 3.47 | 20:46 | 5:59 | 13 | 2:57 | 67 | 5:18 | 20.82 | 2:01:56 | 5:51 | 55 | - | 104 | 4:16 |
| Runde | 3.47 | 21:41 | 6:14 | 16 | 3:30 | 68 | 6:08 | 24.29 | 2:23:37 | 5:54 | 55 | - | 104 | 3:22 |
| Runde | 3.47 | 22:38 | 6:31 | 16 | 4:11 | 70 | 6:30 | 27.76 | 2:46:15 | 5:59 | 55 | - | 104 | 1:35 |
| Runde | 3.47 | 24:18 | 7:00 | 22 | 5:43 | 94 | 8:16 | 31.23 | 3:10:33 | 6:06 | 55 | - | 103 | 51:43 |
| Runde | 3.47 | 24:41 | 7:06 | 20 | 5:12 | 84 | 8:35 | 34.70 | 3:35:14 | 6:12 | 55 | - | 98 | 1:00:18 |
| Runde | 3.47 | 26:58 | 7:46 | 28 | 7:31 | 122 | 11:06 | 38.17 | 4:02:12 | 6:20 | 55 | - | 98 | 1:11:24 |
| Runde | 3.97 | 30:33 | 7:41 | 47 | 12:34 | 191 | 30:16 | 42.18 | 4:32:45 | 6:27 | 23 | 57:02 | 101 | 3:03:32 |