



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Nordmann, Malte

□□: Pankow-Team 07

□□: 335

□□: 42.18 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:34:53

□□: 9.17 km/h

□□□□: 6:31 min/km

□□□□□/□□□: 110 (of 272)

□□□□□/□: 102 (of 245)

□□□□□□: 3:07:01

□□□□□: 16(of 40)

□□□□□□□: 3:22:57

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47 | 19:29 | 5:36 | 12 | 4:52 | 95 | 5:43 | 3.47 | 19:29 | 5:36 | 37 | - | 110 | |
| Runde | 3.47 | 20:34 | 5:55 | 15 | 5:26 | 118 | 5:53 | 6.94 | 40:03 | 5:46 | 37 | - | 110 | |
| Runde | 3.47 | 20:35 | 5:55 | 14 | 4:50 | 110 | 5:38 | 10.41 | 1:00:38 | 5:49 | 37 | - | 110 | |
| Runde | 3.47 | 20:54 | 6:01 | 11 | 4:41 | 102 | 5:17 | 13.88 | 1:21:32 | 5:52 | 36 | - | 109 | |
| Runde | 3.47 | 21:13 | 6:06 | 10 | 4:41 | 96 | 5:38 | 17.35 | 1:42:45 | 5:55 | 36 | - | 108 | 6:29 |
| Runde | 3.47 | 21:55 | 6:18 | 12 | 4:47 | 102 | 6:27 | 20.82 | 2:04:40 | 5:59 | 36 | - | 108 | 7:00 |
| Runde | 3.47 | 22:15 | 6:24 | 7 | 4:47 | 82 | 6:42 | 24.29 | 2:26:55 | 6:02 | 36 | - | 108 | 6:40 |
| Runde | 3.47 | 23:36 | 6:48 | 14 | 6:10 | 101 | 7:28 | 27.76 | 2:50:31 | 6:08 | 36 | - | 108 | 5:51 |
| Runde | 3.47 | 24:25 | 7:02 | 12 | 6:31 | 98 | 8:23 | 31.23 | 3:14:56 | 6:14 | 36 | - | 107 | 56:06 |
| Runde | 3.47 | 24:59 | 7:11 | 9 | 6:32 | 90 | 8:53 | 34.70 | 3:39:55 | 6:20 | 36 | - | 102 | 1:04:59 |
| Runde | 3.47 | 26:35 | 7:39 | 17 | 8:12 | 113 | 10:43 | 38.17 | 4:06:30 | 6:27 | 36 | - | 102 | 1:15:42 |
| Runde | 3.97 | 28:23 | 7:08 | 25 | 27:54 | 151 | 28:06 | 42.18 | 4:34:53 | 6:31 | 17 | 3:05:40 | 105 | 3:05:40 |