



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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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

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□□□	□□ 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