



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Knauer, Thomas

□□□: 4:38:01

□□: Berlin

□□: 9.06 km/h

□□: 247

□□□□: 6:35 min/km

□□: 42.18 km

□□□□□/□□□: 117 (of 272)

Marathon

□□□□□/□: 109 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 28(of 63)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:35:43

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:58	6:02	37	5:08	131	7:12	3.47	20:58	6:02	60	-	116	
Runde	3.47	19:57	5:44	25	3:30	101	5:16	6.94	40:55	5:53	60	-	116	
Runde	3.47	20:29	5:54	27	3:32	106	5:32	10.41	1:01:24	5:53	60	-	116	
Runde	3.47	21:32	6:12	31	4:31	122	5:55	13.88	1:22:56	5:58	60	-	115	
Runde	3.47	22:46	6:33	39	5:31	149	7:11	17.35	1:45:42	6:05	60	-	114	9:26
Runde	3.47	23:24	6:44	36	5:35	142	7:56	20.82	2:09:06	6:12	60	-	114	11:26
Runde	3.47	24:24	7:01	37	6:13	147	8:51	24.29	2:33:30	6:19	60	-	114	13:15
Runde	3.47	24:47	7:08	33	6:20	128	8:39	27.76	2:58:17	6:25	60	-	114	13:37
Runde	3.47	25:06	7:14	29	6:31	113	9:04	31.23	3:23:23	6:30	60	-	113	1:04:33
Runde	3.47	25:18	7:17	25	5:49	99	9:12	34.70	3:48:41	6:35	60	-	108	1:13:45
Runde	3.47	24:49	7:09	12	5:22	73	8:57	38.17	4:13:30	6:38	60	-	108	1:22:42
Runde	3.97	24:31	6:10	16	6:32	87	24:14	42.18	4:38:01	6:35	28	1:02:18	112	3:08:48