



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Machel, Michael

□□□: 4:42:43

□□: 292

□□: 8.95 km/h

□□□□: 6:42 min/km

□□: 42.18 km

□□□□□/□□□: 124 (of 272)

Marathon

□□□□□/□: 115 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 30(of 63)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:35:43

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	18:54	5:26	20	3:04	74	5:08	3.47	18:54	5:26	62	-	-	123	
Runde	3.47	20:10	5:48	27	3:43	107	5:29	6.94	39:04	5:37	62	-	-	123	
Runde	3.47	20:25	5:53	26	3:28	99	5:28	10.41	59:29	5:42	62	-	-	123	
Runde	3.47	20:46	5:59	23	3:45	98	5:09	13.88	1:20:15	5:46	62	-	-	121	
Runde	3.47	20:55	6:01	20	3:40	84	5:20	17.35	1:41:10	5:49	55	-	-	104	4:54
Runde	3.47	21:39	6:14	23	3:50	94	6:11	20.82	2:02:49	5:53	62	-	-	121	5:09
Runde	3.47	23:05	6:39	26	4:54	112	7:32	24.29	2:25:54	6:00	62	-	-	121	5:39
Runde	3.47	24:26	7:02	31	5:59	119	8:18	27.76	2:50:20	6:08	62	-	-	121	5:40
Runde	3.47	25:54	7:27	32	7:19	128	9:52	31.23	3:16:14	6:17	62	-	-	119	57:24
Runde	3.47	27:53	8:02	37	8:24	145	11:47	34.70	3:44:07	6:27	62	-	-	114	1:09:11
Runde	3.47	27:38	7:57	34	8:11	133	11:46	38.17	4:11:45	6:35	62	-	-	115	1:20:57
Runde	3.97	30:58	7:48	49	12:59	196	30:41	42.18	4:42:43	6:42	30	1:07:00	-	118	3:13:30