



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Schröder, Dirk

□□□: 4:42:48

□□: Turnerschaft Bielefeld v. 1878 e.V.

□□: 8.91 km/h

□□: 419

□□□□: 6:42 min/km

□□: 42.18 km

□□□□□/□□□: 126 (of 272)

Marathon

□□□□□/□: 117 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 25(of 51)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:34:54

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□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47     | 18:46    | 5:24         | 15      | 4:14    | 72      | 5:00    | 3.47  | 18:46     | 5:24      | 12            | -       | -       | 124     |         |
| Runde | 3.47     | 20:01    | 5:46         | 26      | 4:59    | 102     | 5:20    | 6.94  | 38:47     | 5:35      | 51            | -       | -       | 124     |         |
| Runde | 3.47     | 20:27    | 5:53         | 27      | 4:58    | 104     | 5:30    | 10.41 | 59:14     | 5:41      | 51            | -       | -       | 124     |         |
| Runde | 3.47     | 21:05    | 6:04         | 28      | 5:07    | 108     | 5:28    | 13.88 | 1:20:19   | 5:47      | 51            | -       | -       | 123     |         |
| Runde | 3.47     | 22:50    | 6:34         | 32      | 6:08    | 150     | 7:15    | 17.35 | 1:43:09   | 5:56      | 51            | -       | -       | 122     | 6:53    |
| Runde | 3.47     | 23:26    | 6:45         | 33      | 6:17    | 143     | 7:58    | 20.82 | 2:06:35   | 6:04      | 51            | -       | -       | 122     | 8:55    |
| Runde | 3.47     | 24:15    | 6:59         | 35      | 6:16    | 142     | 8:42    | 24.29 | 2:30:50   | 6:12      | 51            | -       | -       | 122     | 10:35   |
| Runde | 3.47     | 24:53    | 7:10         | 30      | 6:27    | 130     | 8:45    | 27.76 | 2:55:43   | 6:19      | 51            | -       | -       | 122     | 11:03   |
| Runde | 3.47     | 26:42    | 7:41         | 33      | 7:31    | 144     | 10:40   | 31.23 | 3:22:25   | 6:28      | 51            | -       | -       | 121     | 1:03:35 |
| Runde | 3.47     | 26:37    | 7:40         | 29      | 7:11    | 131     | 10:31   | 34.70 | 3:49:02   | 6:36      | 49            | -       | -       | 116     | 1:14:06 |
| Runde | 3.47     | 27:14    | 7:50         | 27      | 7:48    | 128     | 11:22   | 38.17 | 4:16:16   | 6:42      | 49            | -       | -       | 116     | 1:25:28 |
| Runde | 3.97     | 26:32    | 6:41         | 26      | 8:33    | 125     | 26:15   | 42.18 | 4:42:48   | 6:42      | 26            | 1:07:54 | 120     | 3:13:35 |         |