



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Schmidt, Sebastian

□□□: 4:45:55

□□: Bernauer Lauffreunde

□□: 8.81 km/h

□□: 408

□□□□: 6:47 min/km

□□: 42.18 km

□□□□□/□□□: 135 (of 272)

Marathon

□□□□□/□: 125 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 12(of 18)

Senioren M30 (30-34 Jahre)

□□□□□□□: 3:19:56

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	21:17	6:08	12	6:00	139	7:31	3.47	21:17	6:08	7	4:29	132	
Runde	3.47	21:57	6:19	12	6:41	160	7:16	6.94	43:14	6:13	7	8:06	132	
Runde	3.47	22:04	6:21	13	6:11	150	7:07	10.41	1:05:18	6:16	7	11:40	132	
Runde	3.47	22:33	6:29	13	6:30	154	6:56	13.88	1:27:51	6:19	7	14:49	131	
Runde	3.47	22:15	6:24	12	6:11	138	6:40	17.35	1:50:06	6:20	7	16:58	130	13:50
Runde	3.47	21:38	6:14	10	5:37	93	6:10	20.82	2:11:44	6:19	7	17:52	130	14:04
Runde	3.47	22:39	6:31	9	6:33	96	7:06	24.29	2:34:23	6:21	7	16:58	130	14:08
Runde	3.47	23:44	6:50	11	7:27	103	7:36	27.76	2:58:07	6:24	7	16:32	130	13:27
Runde	3.47	24:42	7:07	11	8:13	102	8:40	31.23	3:22:49	6:29	7	13:12	129	1:03:59
Runde	3.47	25:42	7:24	11	8:20	114	9:36	34.70	3:48:31	6:35	7	12:36	124	1:13:35
Runde	3.47	27:52	8:01	14	9:09	138	12:00	38.17	4:16:23	6:43	7	15:26	124	1:25:35
Runde	3.97	29:32	7:26	15	11:54	170	29:15	42.18	4:45:55	6:46	12	1:25:59	128	3:16:42