



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Schiffer, Christian

□□□: 4:47:20

□□: Athletik Waldniel

□□: 8.77 km/h

□□: 399

□□□□: 6:49 min/km

□□: 42.18 km

□□□□□/□□□: 140 (of 272)

Marathon

□□□□□/□: 130 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 33(of 63)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:35:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	19:15	5:32	24	3:25	86	5:29	3.47	19:15	5:32	17		100	
Runde	3.47	20:11	5:48	28	3:44	109	5:30	6.94	39:26	5:40	17		136	
Runde	3.47	20:12	5:49	22	3:15	91	5:15	10.41	59:38	5:43	17		136	
Runde	3.47	20:58	6:02	25	3:57	105	5:21	13.88	1:20:36	5:48	17		135	
Runde	3.47	21:14	6:07	24	3:59	98	5:39	17.35	1:41:50	5:52	17		134	5:34
Runde	3.47	21:34	6:12	22	3:45	90	6:06	20.82	2:03:24	5:55	17		134	5:44
Runde	3.47	22:12	6:23	20	4:01	81	6:39	24.29	2:25:36	5:59	17		134	5:21
Runde	3.47	22:54	6:35	17	4:27	77	6:46	27.76	2:48:30	6:04	17		134	3:50
Runde	3.47	24:49	7:09	26	6:14	106	8:47	31.23	3:13:19	6:11	17		133	54:29
Runde	3.47	30:17	8:43	50	10:48	189	14:11	34.70	3:43:36	6:26	17		128	1:08:40
Runde	3.47	32:43	9:25	56	13:16	211	16:51	38.17	4:16:19	6:42	17		128	1:25:31
Runde	3.97	31:01	7:48	51	13:02	198	30:44	42.18	4:47:20	6:48	33	1:11:37	133	3:18:07