



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Koerner, Bernd

□□: Lt Büchelstraße

□□: 252

□□: 42.18 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:47:39

□□: 8.76 km/h

□□□□: 6:49 min/km

□□□□□/□□□: 141 (of 272)

□□□□□/□: 131 (of 245)

□□□□□□: 3:07:01

□□□□□: 31(of 51)

□□□□□□□: 3:34:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:38	5:56	28	6:06	126	6:52	3.47	20:38	5:56	6	-	137	
Runde	3.47	19:51	5:43	24	4:49	98	5:10	6.94	40:29	5:49	6	-	103	
Runde	3.47	20:25	5:53	25	4:56	99	5:28	10.41	1:00:54	5:51	6	-	137	
Runde	3.47	20:42	5:57	26	4:44	96	5:05	13.88	1:21:36	5:52	6	-	136	
Runde	3.47	21:13	6:06	26	4:31	96	5:38	17.35	1:42:49	5:55	6	-	135	6:33
Runde	3.47	21:44	6:15	25	4:35	98	6:16	20.82	2:04:33	5:58	6	-	135	6:53
Runde	3.47	22:22	6:26	22	4:23	87	6:49	24.29	2:26:55	6:02	6	-	108	6:40
Runde	3.47	25:08	7:14	33	6:42	137	9:00	27.76	2:52:03	6:11	6	-	135	7:23
Runde	3.47	27:35	7:56	37	8:24	163	11:33	31.23	3:19:38	6:23	6	-	134	1:00:48
Runde	3.47	29:38	8:32	37	10:12	176	13:32	34.70	3:49:16	6:36	5	-	129	1:14:20
Runde	3.47	29:34	8:31	39	10:08	174	13:42	38.17	4:18:50	6:46	5	-	129	1:28:02
Runde	3.97	28:49	7:15	37	10:50	159	28:32	42.18	4:47:39	6:49	32	1:12:45	134	3:18:26