



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Diepenbrock, Thomas

□□□: 4:50:25

□□: Nordwalde

□□: 8.68 km/h

□□: 70

□□□□: 6:53 min/km

□□: 42.18 km

□□□□□/□□□: 146 (of 272)

Marathon

□□□□□/□: 136 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 19(of 40)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:22:57

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	20:35	5:55	15	5:58	123	6:49	3.47	20:35	5:55	40	-	-	143
Runde	3.47	23:16	6:42	29	8:08	194	8:35	6.94	43:51	6:19	40	-	-	143
Runde	3.47	23:25	6:44	28	7:40	182	8:28	10.41	1:07:16	6:27	40	-	-	143
Runde	3.47	24:01	6:55	28	7:48	188	8:24	13.88	1:31:17	6:34	39	-	-	142
Runde	3.47	24:49	7:09	29	8:17	187	9:14	17.35	1:56:06	6:41	39	-	-	141 19:50
Runde	3.47	26:06	7:31	30	8:58	203	10:38	20.82	2:22:12	6:49	39	-	-	141 24:32
Runde	3.47	30:07	8:40	34	12:39	231	14:34	24.29	2:52:19	7:05	39	1:18	-	141 32:04
Runde	3.47	30:11	8:41	32	12:45	219	14:03	27.76	3:22:30	7:17	39	3:29	-	141 37:50
Runde	3.47	29:20	8:27	27	11:26	194	13:18	31.23	3:51:50	7:25	39	2:39	-	140 1:33:00
Runde	3.47	30:16	8:43	27	11:49	188	14:10	34.70	4:22:06	7:33	39	2:28	-	135 1:47:10
Runde	3.47	28:19	8:09	23	9:56	153	12:27	38.17	4:50:25	7:36	39	0:47	-	135 1:59:37
Runde	3.97	-	-	40	-	240	-	42.18	4:50:25	6:53	20	3:21:12	-	139 3:21:12