



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Thesing, Maik

□□: Deutsche Post DHL

□□: 467

□□: 42.18 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:51:55

□□: 8.63 km/h

□□□□: 6:55 min/km

□□□□□/□□□: 151 (of 272)

□□□□□/□: 141 (of 245)

□□□□□□: 3:07:01

□□□□□: 33(of 51)

□□□□□□□: 3:34:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	24:33	7:04	47	10:01	212	10:47	3.47	24:33	7:04	8	2:35	148	2:07	
Runde	3.47	23:01	6:37	42	7:59	188	8:20	6.94	47:34	6:51	8	3:01	148		
Runde	3.47	22:25	6:27	36	6:56	155	7:28	10.41	1:09:59	6:43	8	1:51	148		
Runde	3.47	22:24	6:27	33	6:26	150	6:47	13.88	1:32:23	6:39	8	0:20	147		
Runde	3.47	22:36	6:30	31	5:54	146	7:01	17.35	1:54:59	6:37	8		146	18:43	
Runde	3.47	23:05	6:39	29	5:56	133	7:37	20.82	2:18:04	6:37	8		146	20:24	
Runde	3.47	23:55	6:53	30	5:56	128	8:22	24.29	2:41:59	6:40	8		123	21:44	
Runde	3.47	23:57	6:54	22	5:31	107	7:49	27.76	3:05:56	6:41	8		146	21:16	
Runde	3.47	24:42	7:07	23	5:31	102	8:40	31.23	3:30:38	6:44	8		145	1:11:48	
Runde	3.47	25:34	7:22	25	6:08	108	9:28	34.70	3:56:12	6:48	7		140	1:21:16	
Runde	3.47	28:02	8:04	31	8:36	143	12:10	38.17	4:24:14	6:55	7		140	1:33:26	
Runde	3.97	27:41	6:58	33	9:42	144	27:24	42.18	4:51:55	6:55	34	1:17:01	144	3:22:42	