



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Koerting, Torsten

□□□: 4:52:30

□□: 150

□□: 8.62 km/h

□□□□: 6:56 min/km

□□: 42.18 km

□□□□□/□□□: 154 (of 272)

Marathon

□□□□□/□: 144 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 37(of 63)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:35:43

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	20:30	5:54	34	4:40	122	6:44	3.47	20:30	5:54	6	-	151	
Runde	3.47	20:43	5:58	34	4:16	121	6:02	6.94	41:13	5:56	6	-	151	
Runde	3.47	22:41	6:32	44	5:44	166	7:44	10.41	1:03:54	6:08	6	-	151	
Runde	3.47	22:47	6:33	42	5:46	162	7:10	13.88	1:26:41	6:14	6	-	150	
Runde	3.47	23:17	6:42	42	6:02	160	7:42	17.35	1:49:58	6:20	6	-	149	13:42
Runde	3.47	24:17	6:59	46	6:28	165	8:49	20.82	2:14:15	6:26	6	-	133	16:35
Runde	3.47	24:50	7:09	40	6:39	155	9:17	24.29	2:39:05	6:32	6	-	149	18:50
Runde	3.47	25:14	7:16	37	6:47	142	9:06	27.76	3:04:19	6:38	6	-	149	19:39
Runde	3.47	25:30	7:20	30	6:55	120	9:28	31.23	3:29:49	6:43	6	-	148	1:10:59
Runde	3.47	27:41	7:58	35	8:12	143	11:35	34.70	3:57:30	6:50	6	-	143	1:22:34
Runde	3.47	27:35	7:56	33	8:08	132	11:43	38.17	4:25:05	6:56	6	-	143	1:34:17
Runde	3.97	27:25	6:54	31	9:26	137	27:08	42.18	4:52:30	6:56	37	1:16:47	147	3:23:17