



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

0000

Gerkens, Ulf

00: Wedemark

00: 111

00: 42.18 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 4:55:26

00: 8.53 km/h

0000: 7:00 min/km

00000/0000: 159 (of 272)

00000/0: 149 (of 245)

000000: 3:07:01

00000: 22(of 40)

0000000: 3:22:57

0000

0000

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	3.47	23:58	6:54	32	9:21	199	10:12	3.47	23:58	6:54	3		155	1:32
Runde	3.47	24:50	7:09	36	9:42	223	10:09	6.94	48:48	7:01	3	1:51	156	
Runde	3.47	24:41	7:06	34	8:56	214	9:44	10.41	1:13:29	7:03	3	3:09	156	
Runde	3.47	24:44	7:07	32	8:31	203	9:07	13.88	1:38:13	7:04	3	4:17	155	3:15
Runde	3.47	24:53	7:10	30	8:21	189	9:18	17.35	2:03:06	7:05	3	5:08	154	26:50
Runde	3.47	25:35	7:22	28	8:27	189	10:07	20.82	2:28:41	7:08	3	4:33	154	31:01
Runde	3.47	26:51	7:44	26	9:23	190	11:18	24.29	2:55:32	7:13	3	4:31	154	35:17
Runde	3.47	28:13	8:07	27	10:47	198	12:05	27.76	3:23:45	7:20	3	4:44	154	39:05
Runde	3.47	29:40	8:32	28	11:46	198	13:38	31.23	3:53:25	7:28	3	4:14	153	1:34:35
Runde	3.47	29:46	8:34	24	11:19	180	13:40	34.70	4:23:11	7:35	3	3:33	148	1:48:15
Runde	3.47	31:46	9:09	29	13:23	203	15:54	38.17	4:54:57	7:43	3	5:19	148	2:04:09
Runde	3.97	0:29	0:07	1	-	2	0:12	42.18	4:55:26	7:00	23	3:26:13	152	3:26:13