



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Dempewolf, Eike

□□: LG Fastflitzer Osterwald
 □□: 66

□□: 42.18 km
 Marathon

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 4:58:24

□□: 8.45 km/h
 □□□□: 7:04 min/km

□□□□□/□□□: 165 (of 272)

□□□□□/□: 153 (of 245)

□□□□□□: 3:07:01

□□□□□: 35(of 51)

□□□□□□□: 3:34:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:37	5:56	27	6:05	125	6:51	3.47	20:37	5:56	10	-	160	
Runde	3.47	21:25	6:10	30	6:23	139	6:44	6.94	42:02	6:03	10	-	160	
Runde	3.47	22:39	6:31	37	7:10	165	7:42	10.41	1:04:41	6:12	10	-	160	
Runde	3.47	22:29	6:28	34	6:31	152	6:52	13.88	1:27:10	6:16	10	-	159	
Runde	3.47	23:05	6:39	35	6:23	156	7:30	17.35	1:50:15	6:21	10	-	158	13:59
Runde	3.47	24:13	6:58	37	7:04	162	8:45	20.82	2:14:28	6:27	10	-	158	16:48
Runde	3.47	24:46	7:08	38	6:47	153	9:13	24.29	2:39:14	6:33	10	-	158	18:59
Runde	3.47	26:14	7:33	37	7:48	159	10:06	27.76	3:05:28	6:40	10	-	158	20:48
Runde	3.47	26:55	7:45	34	7:44	149	10:53	31.23	3:32:23	6:48	10	-	157	1:13:33
Runde	3.47	30:13	8:42	39	10:47	187	14:07	34.70	4:02:36	6:59	9	-	152	1:27:40
Runde	3.47	28:51	8:18	38	9:25	163	12:59	38.17	4:31:27	7:06	9	-	152	1:40:39
Runde	3.97	26:57	6:47	29	8:58	131	26:40	42.18	4:58:24	7:04	36	1:23:30	156	3:29:11