



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Niemann, Carsten

□□□: 5:00:40

□□: TC FIKO Rostock

□□: 8.38 km/h

□□: 331

□□□□: 7:08 min/km

□□: 42.18 km

□□□□□/□□□: 167 (of 272)

Marathon

□□□□□/□: 154 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 40(of 63)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:35:43

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	24:42	7:07	54	8:52	213	10:56	3.47	24:42	7:07	9		161	2:16
Runde	3.47	22:27	6:28	49	6:00	174	7:46	6.94	47:09	6:47	9		161	
Runde	3.47	21:40	6:14	37	4:43	136	6:43	10.41	1:08:49	6:36	9		161	
Runde	3.47	21:54	6:18	34	4:53	131	6:17	13.88	1:30:43	6:32	9		160	
Runde	3.47	22:44	6:33	38	5:29	148	7:09	17.35	1:53:27	6:32	9		159	17:11
Runde	3.47	23:42	6:49	39	5:53	152	8:14	20.82	2:17:09	6:35	9		159	19:29
Runde	3.47	25:04	7:13	42	6:53	160	9:31	24.29	2:42:13	6:40	9		159	21:58
Runde	3.47	26:11	7:32	44	7:44	158	10:03	27.76	3:08:24	6:47	9		159	23:44
Runde	3.47	26:51	7:44	39	8:16	147	10:49	31.23	3:35:15	6:53	9		158	1:16:25
Runde	3.47	27:44	7:59	36	8:15	144	11:38	34.70	4:02:59	7:00	9		153	1:28:03
Runde	3.47	28:27	8:11	38	9:00	157	12:35	38.17	4:31:26	7:06	9		153	1:40:38
Runde	3.97	29:14	7:21	38	11:15	164	28:57	42.18	5:00:40	7:07	40	1:24:57	157	3:31:27