



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Carmesin, Ralf

□□: per aspera ad astra

□□: 60

□□: 42.18 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 5:00:42

□□: 8.38 km/h

□□□□: 7:08 min/km

□□□□□/□□□: 168 (of 272)

□□□□□/□: 155 (of 245)

□□□□□□: 3:07:01

□□□□□: 36(of 51)

□□□□□□□: 3:34:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	22:45	6:33	41	8:13	180	8:59	3.47	22:45	6:33	11	0:47	162	0:19	
Runde	3.47	22:43	6:32	41	7:41	181	8:02	6.94	45:28	6:33	11	0:55	162		
Runde	3.47	22:05	6:21	33	6:36	151	7:08	10.41	1:07:33	6:29	11		162		
Runde	3.47	22:36	6:30	36	6:38	157	6:59	13.88	1:30:09	6:29	11		132		
Runde	3.47	24:01	6:55	39	7:19	171	8:26	17.35	1:54:10	6:34	11		160	17:54	
Runde	3.47	24:09	6:57	36	7:00	161	8:41	20.82	2:18:19	6:38	11		160	20:39	
Runde	3.47	24:35	7:05	37	6:36	151	9:02	24.29	2:42:54	6:42	11		160	22:39	
Runde	3.47	25:02	7:12	32	6:36	135	8:54	27.76	3:07:56	6:46	11		160	23:16	
Runde	3.47	26:08	7:31	31	6:57	134	10:06	31.23	3:34:04	6:51	11		159	1:15:14	
Runde	3.47	27:58	8:03	31	8:32	147	11:52	34.70	4:02:02	6:58	10		154	1:27:06	
Runde	3.47	28:35	8:14	36	9:09	159	12:43	38.17	4:30:37	7:05	10		154	1:39:49	
Runde	3.97	30:05	7:34	39	12:06	181	29:48	42.18	5:00:42	7:07	37	1:25:48	158	3:31:29	