



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Frommert, Henry

□□□: 5:00:54

□□: Kissenbrück

□□: 8.37 km/h

□□: 97

□□□□: 7:08 min/km

□□: 42.18 km

□□□□□/□□□: 170 (of 272)

Marathon

□□□□□/□: 157 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 24(of 40)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:22:57

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	25:41	7:24	37	11:04	224	11:55	3.47	25:41	7:24	5	1:39	164	3:15	
Runde	3.47	23:27	6:45	30	8:19	198	8:46	6.94	49:08	7:04	5	2:11	164		
Runde	3.47	23:52	6:52	29	8:07	191	8:55	10.41	1:13:00	7:00	5	2:40	164		
Runde	3.47	23:43	6:50	27	7:30	181	8:06	13.88	1:36:43	6:58	5	2:47	163	1:45	
Runde	3.47	23:35	6:47	26	7:03	165	8:00	17.35	2:00:18	6:56	5	2:20	162	24:02	
Runde	3.47	24:02	6:55	25	6:54	159	8:34	20.82	2:24:20	6:55	5	0:12	162	26:40	
Runde	3.47	37:38	10:50	39	20:10	242	22:05	24.29	3:01:58	7:29	5	10:57	162	41:43	
Runde	3.47	24:21	7:01	16	6:55	114	8:13	27.76	3:26:19	7:25	5	7:18	162	41:39	
Runde	3.47	22:41	6:32	5	4:47	57	6:39	31.23	3:49:00	7:19	5		161	1:30:10	
Runde	3.47	24:00	6:54	6	5:33	70	7:54	34.70	4:13:00	7:17	5		156	1:38:04	
Runde	3.47	23:24	6:44	6	5:01	57	7:32	38.17	4:36:24	7:14	5		156	1:45:36	
Runde	3.97	24:30	6:10	13	24:01	83	24:13	42.18	5:00:54	7:08	25	3:31:41	160	3:31:41	