



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Elsner, Steffi

□□: Hoppegarten

□□: 81

□□: 42.18 km

Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 5:05:22

□□: 8.25 km/h

□□□□: 7:14 min/km

□□□□□/□□□: 178 (of 272)

□□□□□/□: 15 (of 27)

□□□□□□: 3:36:40

□□□□□: 5(of 7)

□□□□□□□: 4:21:08

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	20:02	5:46	4	2:01	8	3:28	3.47	20:02	5:46	6			10	
Runde	3.47	21:35	6:13	4	2:19	11	4:44	6.94	41:37	5:59	6			10	
Runde	3.47	22:05	6:21	4	2:18	12	4:56	10.41	1:03:42	6:07	6			10	
Runde	3.47	23:23	6:44	4	3:11	12	6:51	13.88	1:27:05	6:16	5	9:40		10	4:59
Runde	3.47	24:04	6:56	4	3:39	14	6:42	17.35	1:51:09	6:24	5	13:19		10	
Runde	3.47	25:47	7:25	5	5:15	18	8:29	20.82	2:16:56	6:34	5	18:34		10	
Runde	3.47	26:04	7:30	5	4:10	15	7:49	24.29	2:43:00	6:42	5	22:44		10	
Runde	3.47	25:44	7:24	4	2:43	12	7:35	27.76	3:08:44	6:47	5	25:27		10	
Runde	3.47	27:27	7:54	4	3:54	13	7:47	31.23	3:36:11	6:55	5	29:21		10	
Runde	3.47	29:06	8:23	5	4:43	18	9:39	34.70	4:05:17	7:04	5	34:04		10	
Runde	3.47	30:06	8:40	5	5:33	18	11:35	38.17	4:35:23	7:12	5	39:19		10	0:43
Runde	3.97	29:59	7:33	5	7:11	19	9:07	42.18	5:05:22	7:14	5	44:14		15	1:28:42