



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Schenke, Holgert

□□: LC Blue Liner
 □□: 397

□□: 42.18 km
 Marathon

□□□□:
 Senioren M40 (40-44 Jahre)

□□□: 5:05:57

□□: 8.24 km/h
 □□□□: 7:15 min/km

□□□□□/□□□: 181 (of 272)

□□□□□/□: 166 (of 245)

□□□□□□: 3:07:01

□□□□□: 46(of 63)

□□□□□□□: 3:35:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	22:07	6:22	44	6:17	171	8:21	3.47	22:07	6:22	15	-	174	
Runde	3.47	21:27	6:10	41	5:00	143	6:46	6.94	43:34	6:16	15	-	174	
Runde	3.47	21:29	6:11	35	4:32	130	6:32	10.41	1:05:03	6:14	15	-	174	
Runde	3.47	21:59	6:20	37	4:58	136	6:22	13.88	1:27:02	6:16	15	-	156	
Runde	3.47	21:31	6:12	27	4:16	110	5:56	17.35	1:48:33	6:15	15	-	172	12:17
Runde	3.47	23:29	6:46	37	5:40	146	8:01	20.82	2:12:02	6:20	15	-	172	14:22
Runde	3.47	24:56	7:11	41	6:45	158	9:23	24.29	2:36:58	6:27	15	-	172	16:43
Runde	3.47	26:32	7:38	46	8:05	166	10:24	27.76	3:03:30	6:36	15	-	172	18:50
Runde	3.47	28:58	8:20	51	10:23	188	12:56	31.23	3:32:28	6:48	15	-	171	1:13:38
Runde	3.47	30:11	8:41	49	10:42	186	14:05	34.70	4:02:39	6:59	15	-	166	1:27:43
Runde	3.47	29:57	8:37	45	10:30	179	14:05	38.17	4:32:36	7:08	15	-	166	1:41:48
Runde	3.97	33:21	8:24	55	15:22	215	33:04	42.18	5:05:57	7:15	46	1:30:14	169	3:36:44