



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

0000

Nolte, Christoph

000: 5:06:54

00: 334

00: 8.21 km/h

0000: 7:17 min/km

00: 42.18 km

00000/000: 183 (of 272)

Marathon

00000/0: 168 (of 245)

000000: 3:07:01

0000:

00000: 13(of 18)

Senioren M30 (30-34 Jahre)

0000000: 3:19:56

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Runde	3.47	23:51	6:52	15	8:34	194	10:05	3.47	23:51	6:52	6	7:03	109	1:25
Runde	3.47	24:12	6:58	16	8:56	212	9:31	6.94	48:03	6:55	6	12:55	176	
Runde	3.47	23:32	6:46	14	7:39	183	8:35	10.41	1:11:35	6:52	6	17:57	176	
Runde	3.47	22:36	6:30	14	6:33	157	6:59	13.88	1:34:11	6:47	6	21:09	175	
Runde	3.47	23:39	6:48	14	7:35	167	8:04	17.35	1:57:50	6:47	6	24:42	174	21:34
Runde	3.47	24:30	7:03	14	8:29	169	9:02	20.82	2:22:20	6:50	6	28:28	174	24:40
Runde	3.47	24:15	6:59	13	8:09	142	8:42	24.29	2:46:35	6:51	6	29:10	174	26:20
Runde	3.47	27:03	7:47	15	10:46	180	10:55	27.76	3:13:38	6:58	6	32:03	174	28:58
Runde	3.47	28:02	8:04	14	11:33	169	12:00	31.23	3:41:40	7:05	6	32:03	173	1:22:50
Runde	3.47	28:58	8:20	16	11:36	168	12:52	34.70	4:10:38	7:13	6	34:43	168	1:35:42
Runde	3.47	27:40	7:58	12	8:57	135	11:48	38.17	4:38:18	7:17	6	37:21	168	1:47:30
Runde	3.97	28:36	7:12	13	10:58	154	28:19	42.18	5:06:54	7:16	13	1:46:58	171	3:37:41