



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Behrend, Ralf

□□: LSV Basel
 □□: 30

□□: 42.18 km
 Marathon

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 5:08:09

□□: 8.18 km/h
 □□□□: 7:18 min/km

□□□□□/□□□: 186 (of 272)

□□□□□/□: 171 (of 245)

□□□□□□: 3:07:01

□□□□□: 26(of 40)

□□□□□□□: 3:22:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	19:55	5:44	13	5:18	107	6:09	3.47	19:55	5:44	7		69	
Runde	3.47	20:16	5:50	13	5:08	111	5:35	6.94	40:11	5:47	7		69	
Runde	3.47	20:26	5:53	10	4:41	103	5:29	10.41	1:00:37	5:49	7		180	
Runde	3.47	20:58	6:02	13	4:45	105	5:21	13.88	1:21:35	5:52	7		179	
Runde	3.47	21:21	6:09	13	4:49	103	5:46	17.35	1:42:56	5:55	7		178	6:40
Runde	3.47	23:17	6:42	21	6:09	138	7:49	20.82	2:06:13	6:03	7		178	8:33
Runde	3.47	27:34	7:56	29	10:06	204	12:01	24.29	2:33:47	6:19	7		178	13:32
Runde	3.47	29:46	8:34	31	12:20	216	13:38	27.76	3:03:33	6:36	7		178	18:53
Runde	3.47	31:32	9:05	34	13:38	220	15:30	31.23	3:35:05	6:53	7		177	1:16:15
Runde	3.47	30:22	8:45	28	11:55	191	14:16	34.70	4:05:27	7:04	7		172	1:30:31
Runde	3.47	29:50	8:35	24	11:27	177	13:58	38.17	4:35:17	7:12	7		172	1:44:29
Runde	3.97	32:52	8:16	32	32:23	209	32:35	42.18	5:08:09	7:18	27	3:38:56	174	3:38:56