



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Blumensaat, Roland

□□□: 5:11:07

□□: schritt-weise.de

□□: 8.10 km/h

□□: 43

□□□□: 7:23 min/km

□□: 42.18 km

□□□□□/□□□: 193 (of 272)

Marathon

□□□□□/□: 177 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 9(of 19)

Senioren M55 (55-59 Jahre)

□□□□□□□: 3:20:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	3.47	28:24	8:11	19	12:56	245	14:38	3.47	28:24	8:11	10	6:50	185	5:58
Runde	3.47	27:34	7:56	18	11:46	242	12:53	6.94	55:58	8:03	10	11:59	185	5:41
Runde	3.47	25:44	7:24	16	9:39	230	10:47	10.41	1:21:42	7:50	10	15:12	185	
Runde	3.47	24:27	7:02	10	8:03	197	8:50	13.88	1:46:09	7:38	10		184	11:11
Runde	3.47	25:31	7:21	14	8:45	208	9:56	17.35	2:11:40	7:35	10		183	35:24
Runde	3.47	24:44	7:07	8	7:41	172	9:16	20.82	2:36:24	7:30	10		183	38:44
Runde	3.47	25:48	7:26	8	9:12	171	10:15	24.29	3:02:12	7:30	10		183	41:57
Runde	3.47	26:22	7:35	10	9:18	164	10:14	27.76	3:28:34	7:30	10		183	43:54
Runde	3.47	26:10	7:32	7	8:32	135	10:08	31.23	3:54:44	7:30	10		182	1:35:54
Runde	3.47	26:34	7:39	8	9:07	130	10:28	34.70	4:21:18	7:31	1	-	177	1:46:22
Runde	3.47	25:20	7:18	7	8:15	88	9:28	38.17	4:46:38	7:30	1	-	177	1:55:50
Runde	3.97	24:29	6:10	7	24:12	82	24:12	42.18	5:11:07	7:22	9	1:50:32	180	3:41:54