



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Van Essen, Diederik

□□□: 5:11:21

□□: Berlin

□□: 8.09 km/h

□□: 481

□□□□: 7:23 min/km

□□: 42.18 km

□□□□□/□□□: 194 (of 272)

Marathon

□□□□□/□: 178 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 14(of 18)

Senioren M30 (30-34 Jahre)

□□□□□□□: 3:19:56

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	21:48	6:16	13	6:31	159	8:02	3.47	21:48	6:16	5	5:00	186	
Runde	3.47	22:48	6:34	14	7:32	184	8:07	6.94	44:36	6:25	5	9:28	186	
Runde	3.47	23:55	6:53	15	8:02	195	8:58	10.41	1:08:31	6:34	5	14:53	186	
Runde	3.47	24:03	6:55	15	8:00	190	8:26	13.88	1:32:34	6:40	5	19:32	185	
Runde	3.47	25:33	7:21	16	9:29	210	9:58	17.35	1:58:07	6:48	5	24:59	184	21:51
Runde	3.47	26:37	7:40	16	10:36	214	11:09	20.82	2:24:44	6:57	5	30:52	184	27:04
Runde	3.47	26:21	7:35	15	10:15	183	10:48	24.29	2:51:05	7:02	5	33:40	184	30:50
Runde	3.47	26:09	7:32	13	9:52	155	10:01	27.76	3:17:14	7:06	5	35:39	184	32:34
Runde	3.47	27:32	7:56	13	11:03	160	11:30	31.23	3:44:46	7:11	5	35:09	178	1:25:56
Runde	3.47	28:09	8:06	14	10:47	155	12:03	34.70	4:12:55	7:17	5	37:00	178	1:37:59
Runde	3.47	28:51	8:18	15	10:08	163	12:59	38.17	4:41:46	7:22	5	40:49	178	1:50:58
Runde	3.97	29:35	7:27	16	11:57	172	29:18	42.18	5:11:21	7:22	14	1:51:25	181	3:42:08