



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Kohlert, Richard

□□□: 5:13:10

□□: 253

□□: 8.05 km/h

□□□□: 7:25 min/km

□□: 42.18 km

□□□□□/□□□: 200 (of 272)

Marathon

□□□□□/□: 183 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 10(of 19)

Senioren M55 (55-59 Jahre)

□□□□□□□: 3:20:35

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	25:53	7:27	16	10:25	235	12:07	3.47	25:53	7:27	9	4:19	191	3:27
Runde	3.47	24:41	7:06	14	8:53	221	10:00	6.94	50:34	7:17	9	6:35	191	0:17
Runde	3.47	24:24	7:01	12	8:19	204	9:27	10.41	1:14:58	7:12	9	8:28	191	
Runde	3.47	26:42	7:41	16	10:18	232	11:05	13.88	1:41:40	7:19	9		190	6:42
Runde	3.47	25:12	7:15	12	8:26	200	9:37	17.35	2:06:52	7:18	9		54	30:36
Runde	3.47	25:38	7:23	10	8:35	191	10:10	20.82	2:32:30	7:19	9		189	34:50
Runde	3.47	25:51	7:26	9	9:15	175	10:18	24.29	2:58:21	7:20	9		189	38:06
Runde	3.47	27:19	7:52	12	10:15	186	11:11	27.76	3:25:40	7:24	9		189	41:00
Runde	3.47	27:06	7:48	9	9:28	155	11:04	31.23	3:52:46	7:27	9		188	1:33:56
Runde	3.47	26:32	7:38	7	9:05	129	10:26	34.70	4:19:18	7:28	9		183	1:44:22
Runde	3.47	26:54	7:45	8	9:49	121	11:02	38.17	4:46:12	7:29	9		183	1:55:24
Runde	3.97	26:58	6:47	9	26:41	132	26:41	42.18	5:13:10	7:25	10	1:52:35	186	3:43:57