



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Menzel, Udo

00: LG Emsdetten
00: 302

00: 42.18 km
Marathon

0000:
Senioren M50 (50-54 Jahre)

000: 5:14:32

00: 8.01 km/h
0000: 7:28 min/km

00000/000: 202 (of 272)

00000/0: 185 (of 245)

000000: 3:07:01

00000: 29(of 40)

0000000: 3:22:57

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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	23:35	6:47	31	8:58	190	9:49	3.47	23:35	6:47	10	-	193	1:09
Runde	3.47	21:54	6:18	23	6:46	158	7:13	6.94	45:29	6:33	10	-	193	
Runde	3.47	22:14	6:24	23	6:29	153	7:17	10.41	1:07:43	6:30	10	-	193	
Runde	3.47	21:58	6:19	20	5:45	135	6:21	13.88	1:29:41	6:27	10	-	192	
Runde	3.47	23:18	6:42	25	6:46	162	7:43	17.35	1:52:59	6:30	10	-	191	16:43
Runde	3.47	25:21	7:18	27	8:13	183	9:53	20.82	2:18:20	6:38	10	-	191	20:40
Runde	3.47	26:28	7:37	25	9:00	185	10:55	24.29	2:44:48	6:47	10	-	191	24:33
Runde	3.47	26:57	7:45	24	9:31	177	10:49	27.76	3:11:45	6:54	10	-	191	27:05
Runde	3.47	28:46	8:17	26	10:52	182	12:44	31.23	3:40:31	7:03	10	-	190	1:21:41
Runde	3.47	29:49	8:35	25	11:22	181	13:43	34.70	4:10:20	7:12	10	-	185	1:35:24
Runde	3.47	31:06	8:57	28	12:43	194	15:14	38.17	4:41:26	7:22	10	-	185	1:50:38
Runde	3.97	33:06	8:20	34	32:37	211	32:49	42.18	5:14:32	7:27	30	3:45:19	188	3:45:19