



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Stöger, Josef

□□: Runtasia

□□: 458

□□: 42.18 km

Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 5:17:30

□□: 7.94 km/h

□□□□: 7:32 min/km

□□□□□/□□□: 207 (of 272)

□□□□□/□: 190 (of 245)

□□□□□□: 3:07:01

□□□□□: 3(of 7)

□□□□□□□: 4:34:32

□□□□

□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47     | 23:17    | 6:42         | 4       | 3:46    | 186     | 9:31    | 3.47      | 23:17     | 6:42          | 3       | 3:46    | 198     | 0:51    |
| Runde | 3.47     | 23:23    | 6:44         | 3       | 3:03    | 196     | 8:42    | 6.94      | 46:40     | 6:43          | 3       | 6:49    | 198     |         |
| Runde | 3.47     | 23:32    | 6:46         | 3       | 2:40    | 183     | 8:35    | 10.41     | 1:10:12   | 6:44          | 3       | 9:29    | 93      |         |
| Runde | 3.47     | 24:36    | 7:05         | 4       | 3:19    | 201     | 8:59    | 13.88     | 1:34:48   | 6:49          | 3       | 12:48   | 197     |         |
| Runde | 3.47     | 25:36    | 7:22         | 4       | 4:09    | 213     | 10:01   | 17.35     | 2:00:24   | 6:56          | 3       | 16:57   | 196     | 24:08   |
| Runde | 3.47     | 26:30    | 7:38         | 4       | 3:56    | 211     | 11:02   | 20.82     | 2:26:54   | 7:03          | 3       | 20:53   | 196     | 29:14   |
| Runde | 3.47     | 28:16    | 8:08         | 5       | 4:16    | 212     | 12:43   | 24.29     | 2:55:10   | 7:12          | 3       | 25:09   | 196     | 34:55   |
| Runde | 3.47     | 29:03    | 8:22         | 5       | 4:33    | 208     | 12:55   | 27.76     | 3:24:13   | 7:21          | 3       | 29:42   | 196     | 39:33   |
| Runde | 3.47     | 28:48    | 8:17         | 2       | 3:43    | 183     | 12:46   | 31.23     | 3:53:01   | 7:27          | 3       | 33:25   | 195     | 1:34:11 |
| Runde | 3.47     | 28:00    | 8:04         | 2       | 2:15    | 150     | 11:54   | 34.70     | 4:21:01   | 7:31          | 3       | 35:40   | 190     | 1:46:05 |
| Runde | 3.47     | 27:53    | 8:02         | 2       | 2:53    | 140     | 12:01   | 38.17     | 4:48:54   | 7:34          | 3       | 38:33   | 190     | 1:58:06 |
| Runde | 3.97     | 28:36    | 7:12         | 2       | 4:25    | 154     | 28:19   | 42.18     | 5:17:30   | 7:31          | 3       | 42:58   | 193     | 3:48:17 |