



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Kraus, Matej

□□: Prasopsi Plzen

□□: 258

□□: 42.18 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 5:18:45

□□: 7.91 km/h

□□□□: 7:34 min/km

□□□□□/□□□: 210 (of 272)

□□□□□/□: 192 (of 245)

□□□□□□: 3:07:01

□□□□□: 52(of 63)

□□□□□□□: 3:35:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	23:00	6:37	47	7:10	183	9:14	3.47	23:00	6:37	21	-	200	0:34
Runde	3.47	23:17	6:42	52	6:50	195	8:36	6.94	46:17	6:40	21	-	117	
Runde	3.47	22:51	6:35	46	5:54	169	7:54	10.41	1:09:08	6:38	21	-	200	
Runde	3.47	23:56	6:53	51	6:55	186	8:19	13.88	1:33:04	6:42	21	-	200	
Runde	3.47	25:25	7:19	53	8:10	203	9:50	17.35	1:58:29	6:49	21	-	199	22:13
Runde	3.47	25:13	7:16	50	7:24	181	9:45	20.82	2:23:42	6:54	21	-	199	26:02
Runde	3.47	27:05	7:48	51	8:54	193	11:32	24.29	2:50:47	7:01	21	0:35	199	30:32
Runde	3.47	26:52	7:44	49	8:25	175	10:44	27.76	3:17:39	7:07	21	0:42	199	32:59
Runde	3.47	28:51	8:18	49	10:16	185	12:49	31.23	3:46:30	7:15	21	3:28	198	1:27:40
Runde	3.47	29:45	8:34	47	10:16	178	13:39	34.70	4:16:15	7:23	21	5:09	193	1:41:19
Runde	3.47	31:09	8:58	50	11:42	196	15:17	38.17	4:47:24	7:31	21	7:26	193	1:56:36
Runde	3.97	31:21	7:53	53	13:22	201	31:04	42.18	5:18:45	7:33	52	1:43:02	195	3:49:32