



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Birch, Sean

□□: 100 marathon club
 □□: 41

□□: 42.18 km
 Marathon

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 5:23:11

□□: 7.80 km/h
 □□□□: 7:40 min/km

□□□□□/□□□□: 215 (of 272)

□□□□□/□: 197 (of 245)

□□□□□□: 3:07:01

□□□□□: 43(of 51)

□□□□□□□: 3:34:54

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47 | 21:57 | 6:19 | 36 | 7:25 | 167 | 8:11 | 3.47 | 21:57 | 6:19 | 19 | - | 205 | |
| Runde | 3.47 | 21:28 | 6:11 | 31 | 6:26 | 144 | 6:47 | 6.94 | 43:25 | 6:15 | 19 | - | 205 | |
| Runde | 3.47 | 21:23 | 6:09 | 30 | 5:54 | 127 | 6:26 | 10.41 | 1:04:48 | 6:13 | 19 | - | 205 | |
| Runde | 3.47 | 22:07 | 6:22 | 31 | 6:09 | 142 | 6:30 | 13.88 | 1:26:55 | 6:15 | 19 | - | 204 | |
| Runde | 3.47 | 24:01 | 6:55 | 39 | 7:19 | 171 | 8:26 | 17.35 | 1:50:56 | 6:23 | 19 | - | 203 | 14:40 |
| Runde | 3.47 | 26:21 | 7:35 | 44 | 9:12 | 207 | 10:53 | 20.82 | 2:17:17 | 6:35 | 19 | - | 203 | 19:37 |
| Runde | 3.47 | 27:54 | 8:02 | 45 | 9:55 | 208 | 12:21 | 24.29 | 2:45:11 | 6:48 | 19 | - | 203 | 24:56 |
| Runde | 3.47 | 30:44 | 8:51 | 47 | 12:18 | 223 | 14:36 | 27.76 | 3:15:55 | 7:03 | 19 | 2:15 | 203 | 31:15 |
| Runde | 3.47 | 32:10 | 9:16 | 47 | 12:59 | 224 | 16:08 | 31.23 | 3:48:05 | 7:18 | 19 | 6:48 | 202 | 1:29:15 |
| Runde | 3.47 | 35:05 | 10:06 | 47 | 15:39 | 227 | 18:59 | 34.70 | 4:23:10 | 7:35 | 18 | 10:12 | 197 | 1:48:14 |
| Runde | 3.47 | 30:21 | 8:44 | 41 | 10:55 | 187 | 14:29 | 38.17 | 4:53:31 | 7:41 | 18 | 12:46 | 197 | 2:02:43 |
| Runde | 3.97 | 29:40 | 7:28 | 38 | 11:41 | 175 | 29:23 | 42.18 | 5:23:11 | 7:39 | 44 | 1:48:17 | 200 | 3:53:58 |