



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Siebert-Diering, Manfred

□□: Team Laufrausch e.V.
 □□: 432

□□: 42.18 km
 Marathon

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 5:23:34

□□: 7.79 km/h
 □□□□: 7:40 min/km

□□□□□/□□□: 218 (of 272)

□□□□□/□: 200 (of 245)

□□□□□□: 3:07:01

□□□□□: 44(of 51)

□□□□□□□: 3:34:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	24:08	6:57	46	9:36	204	10:22	3.47	24:08	6:57	20	2:10	209	1:42
Runde	3.47	24:18	7:00	47	9:16	215	9:37	6.94	48:26	6:58	20	3:53	209	
Runde	3.47	24:43	7:07	44	9:14	215	9:46	10.41	1:13:09	7:01	20	5:01	209	
Runde	3.47	26:22	7:35	47	10:24	226	10:45	13.88	1:39:31	7:10	20	7:28	208	4:33
Runde	3.47	25:30	7:20	45	8:48	206	9:55	17.35	2:05:01	7:12	20	9:01	207	28:45
Runde	3.47	26:23	7:36	45	9:14	208	10:55	20.82	2:31:24	7:16	20	10:31	207	33:44
Runde	3.47	28:26	8:11	47	10:27	215	12:53	24.29	2:59:50	7:24	20	13:08	207	39:35
Runde	3.47	27:18	7:52	41	8:52	184	11:10	27.76	3:27:08	7:27	20	13:28	207	42:28
Runde	3.47	29:03	8:22	43	9:52	189	13:01	31.23	3:56:11	7:33	20	14:54	206	1:37:21
Runde	3.47	31:18	9:01	44	11:52	201	15:12	34.70	4:27:29	7:42	19	14:31	201	1:52:33
Runde	3.47	28:24	8:11	35	8:58	156	12:32	38.17	4:55:53	7:45	19	15:08	201	2:05:05
Runde	3.97	27:41	6:58	33	9:42	144	27:24	42.18	5:23:34	7:40	45	1:48:40	203	3:54:21