



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Riedel, Christian

□□□: 5:24:04

□□: Düsseldorf

□□: 7.78 km/h

□□: 381

□□□□: 7:41 min/km

□□: 42.18 km

□□□□□/□□□: 221 (of 272)

Marathon

□□□□□/□: 203 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 16(of 18)

Senioren M30 (30-34 Jahre)

□□□□□□□: 3:19:56

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	27:07	7:48	17	11:50	240	13:21	3.47	27:07	7:48	2	10:19	211	4:41	
Runde	3.47	25:25	7:19	17	10:09	231	10:44	6.94	52:32	7:34	3	17:24	211	2:15	
Runde	3.47	26:17	7:34	17	10:24	233	11:20	10.41	1:18:49	7:34	3	25:11	211		
Runde	3.47	26:44	7:42	18	10:41	234	11:07	13.88	1:45:33	7:36	2	32:31	210	10:35	
Runde	3.47	26:45	7:42	17	10:41	224	11:10	17.35	2:12:18	7:37	3	39:10	209	36:02	
Runde	3.47	26:37	7:40	16	10:36	214	11:09	20.82	2:38:55	7:37	3	45:03	209	41:15	
Runde	3.47	27:19	7:52	18	11:13	198	11:46	24.29	3:06:14	7:40	3	48:49	209	45:59	
Runde	3.47	26:54	7:45	14	10:37	176	10:46	27.76	3:33:08	7:40	3	51:33	209	48:28	
Runde	3.47	25:49	7:26	12	9:20	124	9:47	31.23	3:58:57	7:39	3	49:20	208	1:40:07	
Runde	3.47	27:01	7:47	13	9:39	138	10:55	34.70	4:25:58	7:39	3	50:03	203	1:51:02	
Runde	3.47	29:02	8:22	16	10:19	168	13:10	38.17	4:55:00	7:43	3	54:03	203	2:04:12	
Runde	3.97	29:04	7:19	14	11:26	162	28:47	42.18	5:24:04	7:40	16	2:04:08	206	3:54:51	