



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Alnebring, Robert

□□: Team Stockholm Marathon
 □□: 5

□□: 42.18 km
 Marathon

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 5:24:32

□□: 7.76 km/h
 □□□□: 7:41 min/km

□□□□□/□□□: 222 (of 272)

□□□□□/□: 204 (of 245)

□□□□□□: 3:07:01

□□□□□: 13(of 19)

□□□□□□□: 3:20:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:24	6:10	6	5:56	145	7:38	3.47	21:24	6:10	6		212	
Runde	3.47	22:52	6:35	10	7:04	185	8:11	6.94	44:16	6:22	6	0:17	212	
Runde	3.47	22:52	6:35	9	6:47	170	7:55	10.41	1:07:08	6:26	6	0:38	212	
Runde	3.47	24:51	7:09	11	8:27	204	9:14	13.88	1:31:59	6:37	6		211	
Runde	3.47	24:38	7:05	8	7:52	184	9:03	17.35	1:56:37	6:43	6		210	20:21
Runde	3.47	25:42	7:24	11	8:39	192	10:14	20.82	2:22:19	6:50	6		210	24:39
Runde	3.47	26:36	7:39	12	10:00	188	11:03	24.29	2:48:55	6:57	6		210	28:40
Runde	3.47	26:45	7:42	11	9:41	169	10:37	27.76	3:15:40	7:02	6		210	31:00
Runde	3.47	29:16	8:26	12	11:38	193	13:14	31.23	3:44:56	7:12	6		209	1:26:06
Runde	3.47	29:11	8:24	11	11:44	170	13:05	34.70	4:14:07	7:19	6		204	1:39:11
Runde	3.47	31:11	8:59	13	14:06	197	15:19	38.17	4:45:18	7:28	6		204	1:54:30
Runde	3.97	39:14	9:52	17	38:57	235	38:57	42.18	5:24:32	7:41	13	2:03:57	207	3:55:19