



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

□□□□

Gies, Stefan

□□□: 5:25:15

□□: Wiesbaden-Delkenheim

□□: 7.75 km/h

□□: 120

□□□□: 7:43 min/km

□□: 42.18 km

□□□□□/□□□: 223 (of 272)

Marathon

□□□□□/□: 205 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 32(of 40)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:22:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:22	6:09	21	6:45	143	7:36	3.47	21:22	6:09	13			213	
Runde	3.47	22:39	6:31	26	7:31	179	7:58	6.94	44:01	6:20	13			213	
Runde	3.47	22:30	6:29	25	6:45	160	7:33	10.41	1:06:31	6:23	13			213	
Runde	3.47	24:39	7:06	31	8:26	202	9:02	13.88	1:31:10	6:34	13			212	
Runde	3.47	25:24	7:19	32	8:52	202	9:49	17.35	1:56:34	6:43	13			211	20:18
Runde	3.47	26:58	7:46	33	9:50	222	11:30	20.82	2:23:32	6:53	13			211	25:52
Runde	3.47	28:42	8:16	31	11:14	218	13:09	24.29	2:52:14	7:05	13	1:13		211	31:59
Runde	3.47	30:36	8:49	33	13:10	222	14:28	27.76	3:22:50	7:18	13	3:49		211	38:10
Runde	3.47	31:30	9:04	32	13:36	218	15:28	31.23	3:54:20	7:30	13	5:09		210	1:35:30
Runde	3.47	30:31	8:47	30	12:04	193	14:25	34.70	4:24:51	7:37	13	5:13		205	1:49:55
Runde	3.47	30:20	8:44	27	11:57	186	14:28	38.17	4:55:11	7:44	13	5:33		205	2:04:23
Runde	3.97	30:04	7:34	30	29:35	179	29:47	42.18	5:25:15	7:42	33	3:56:02		208	3:56:02