



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

0000

Nollau, Sebastian

00: Köln

00: 333

00: 42.18 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 5:31:31

00: 7.60 km/h

0000: 7:52 min/km

00000/000: 227 (of 272)

00000/0: 208 (of 245)

000000: 3:07:01

00000: 17(of 18)

0000000: 3:19:56

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
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	25:26	7:19	18	10:10	232	10:45	6.94	52:33	7:34	2	17:25	217	2:16
Runde	3.47	26:17	7:34	17	10:24	233	11:20	10.41	1:18:50	7:34	2	25:12	217	
Runde	3.47	26:43	7:41	17	10:40	233	11:06	13.88	1:45:33	7:36	2	32:31	210	10:35
Runde	3.47	26:46	7:42	18	10:42	225	11:11	17.35	2:12:19	7:37	2	39:11	215	36:03
Runde	3.47	26:40	7:41	18	10:39	217	11:12	20.82	2:38:59	7:38	2	45:07	215	41:19
Runde	3.47	27:17	7:51	17	11:11	196	11:44	24.29	3:06:16	7:40	2	48:51	215	46:01
Runde	3.47	27:56	8:02	17	11:39	194	11:48	27.76	3:34:12	7:42	2	52:37	215	49:32
Runde	3.47	28:30	8:12	16	12:01	177	12:28	31.23	4:02:42	7:46	2	53:05	214	1:43:52
Runde	3.47	29:24	8:28	17	12:02	173	13:18	34.70	4:32:06	7:50	2	56:11	209	1:57:10
Runde	3.47	29:16	8:26	17	10:33	171	13:24	38.17	5:01:22	7:53	2	1:00:25	209	2:10:34
Runde	3.97	30:09	7:35	17	12:31	185	29:52	42.18	5:31:31	7:51	17	2:11:35	211	4:02:18