



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Strueder, Karsten

□□□: 5:43:18

□□: TUS Glan-Münchweiler

□□: 7.34 km/h

□□: 454

□□□□: 8:08 min/km

□□: 42.18 km

□□□□□/□□□: 236 (of 272)

Marathon

□□□□□/□: 215 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 58(of 63)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:35:43

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□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47     | 25:43    | 7:24         | 59      | 9:53    | 228     | 11:57   | 3.47      | 25:43     | 7:24          | 27      | -       | 128     | 3:17    |
| Runde | 3.47     | 22:38    | 6:31         | 50      | 6:11    | 178     | 7:57    | 6.94      | 48:21     | 6:58          | 27      | -       | 223     |         |
| Runde | 3.47     | 23:20    | 6:43         | 48      | 6:23    | 179     | 8:23    | 10.41     | 1:11:41   | 6:53          | 27      | -       | 223     |         |
| Runde | 3.47     | 23:54    | 6:53         | 50      | 6:53    | 184     | 8:17    | 13.88     | 1:35:35   | 6:53          | 27      | -       | 222     | 0:37    |
| Runde | 3.47     | 24:03    | 6:55         | 47      | 6:48    | 175     | 8:28    | 17.35     | 1:59:38   | 6:53          | 27      | -       | 221     | 23:22   |
| Runde | 3.47     | 25:35    | 7:22         | 52      | 7:46    | 189     | 10:07   | 20.82     | 2:25:13   | 6:58          | 27      | -       | 221     | 27:33   |
| Runde | 3.47     | 27:19    | 7:52         | 53      | 9:08    | 198     | 11:46   | 24.29     | 2:52:32   | 7:06          | 27      | 2:20    | 221     | 32:17   |
| Runde | 3.47     | 30:27    | 8:46         | 61      | 12:00   | 221     | 14:19   | 27.76     | 3:22:59   | 7:18          | 27      | 6:02    | 221     | 38:19   |
| Runde | 3.47     | 32:28    | 9:21         | 62      | 13:53   | 226     | 16:26   | 31.23     | 3:55:27   | 7:32          | 27      | 12:25   | 220     | 1:36:37 |
| Runde | 3.47     | 35:49    | 10:19        | 63      | 16:20   | 228     | 19:43   | 34.70     | 4:31:16   | 7:49          | 27      | 20:10   | 215     | 1:56:20 |
| Runde | 3.47     | 38:08    | 10:59        | 62      | 18:41   | 234     | 22:16   | 38.17     | 5:09:24   | 8:06          | 27      | 29:26   | 215     | 2:18:36 |
| Runde | 3.97     | 33:54    | 8:32         | 56      | 15:55   | 218     | 33:37   | 42.18     | 5:43:18   | 8:08          | 58      | 2:07:35 | 218     | 4:14:05 |