



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Hinrichsen, Sönke

□□□: 5:43:50

□□: Leipzig

□□: 7.36 km/h

□□: 175

□□□□: 8:09 min/km

□□: 42.18 km

□□□□□/□□□: 238 (of 272)

Marathon

□□□□□/□: 217 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 46(of 51)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:34:54

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	24:51	7:09	48	10:19	215	11:05	3.47	24:51	7:09	22	2:53	225	2:25
Runde	3.47	25:34	7:22	51	10:32	234	10:53	6.94	50:25	7:15	22	5:52	225	0:08
Runde	3.47	26:37	7:40	50	11:08	236	11:40	10.41	1:17:02	7:23	22	8:54	225	
Runde	3.47	27:55	8:02	51	11:57	239	12:18	13.88	1:44:57	7:33	22	12:54	224	9:59
Runde	3.47	28:57	8:20	50	12:15	240	13:22	17.35	2:13:54	7:43	22	17:54	223	37:38
Runde	3.47	25:58	7:28	43	8:49	200	10:30	20.82	2:39:52	7:40	22	18:59	223	42:12
Runde	3.47	27:54	8:02	45	9:55	208	12:21	24.29	3:07:46	7:43	22	21:04	223	47:31
Runde	3.47	29:31	8:30	46	11:05	214	13:23	27.76	3:37:17	7:49	22	23:37	223	52:37
Runde	3.47	29:37	8:32	45	10:26	196	13:35	31.23	4:06:54	7:54	22	25:37	222	1:48:04
Runde	3.47	30:38	8:49	41	11:12	195	14:32	34.70	4:37:32	7:59	21	24:34	217	2:02:36
Runde	3.47	32:49	9:27	46	13:23	213	16:57	38.17	5:10:21	8:07	21	29:36	217	2:19:33
Runde	3.97	33:29	8:26	45	15:30	216	33:12	42.18	5:43:50	8:09	47	2:08:56	220	4:14:37