



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Kapler, Roy

□□: Weltraumjogger Berlin
 □□: 222

□□: 42.18 km
 Marathon

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 5:50:41

□□: 7.19 km/h
 □□□□: 8:19 min/km

□□□□□/□□□: 244 (of 272)

□□□□□/□: 222 (of 245)

□□□□□□: 3:07:01

□□□□□: 47(of 51)

□□□□□□□: 3:34:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	23:52	6:52	44	9:20	196	10:06	3.47	23:52	6:52	4	1:54	129	1:26
Runde	3.47	24:10	6:57	46	9:08	210	9:29	6.94	48:02	6:55	23	3:29	230	
Runde	3.47	24:43	7:07	44	9:14	215	9:46	10.41	1:12:45	6:59	23	4:37	230	
Runde	3.47	26:27	7:37	48	10:29	227	10:50	13.88	1:39:12	7:08	23	7:09	229	4:14
Runde	3.47	27:23	7:53	47	10:41	230	11:48	17.35	2:06:35	7:17	23	10:35	228	30:19
Runde	3.47	26:39	7:40	47	9:30	216	11:11	20.82	2:33:14	7:21	23	12:21	228	35:34
Runde	3.47	32:02	9:13	49	14:03	236	16:29	24.29	3:05:16	7:37	23	18:34	228	45:01
Runde	3.47	32:02	9:13	48	13:36	231	15:54	27.76	3:37:18	7:49	23	23:38	228	52:38
Runde	3.47	32:22	9:19	48	13:11	225	16:20	31.23	4:09:40	7:59	23	28:23	227	1:50:50
Runde	3.47	33:04	9:31	46	13:38	217	16:58	34.70	4:42:44	8:08	22	29:46	222	2:07:48
Runde	3.47	33:29	9:38	48	14:03	216	17:37	38.17	5:16:13	8:17	22	35:28	222	2:25:25
Runde	3.97	34:28	8:40	46	16:29	220	34:11	42.18	5:50:41	8:18	48	2:15:47	225	4:21:28