



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Armbrust, Michael

□□□: 5:52:55

□□: LT Hennef/Sieg

□□: 7.14 km/h

□□: 11

□□□□: 8:22 min/km

□□: 42.18 km

□□□□□/□□□: 247 (of 272)

Marathon

□□□□□/□: 225 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 62(of 63)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:35:43

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□□□□

□□□

| □□□   | □□   | □□    | □□     | □□ | □□    | □□  | □□    | □□□   | □□□     | □□□    | □□ | □□      | □□  | □□      |
|-------|------|-------|--------|----|-------|-----|-------|-------|---------|--------|----|---------|-----|---------|
|       | km   | □□    | min/km | -  | -     | □   | □     | km    | □□      | min/km | -  | -       | □   | □       |
| Runde | 3.47 | 25:00 | 7:12   | 55 | 9:10  | 216 | 11:14 | 3.47  | 25:00   | 7:12   | 31 |         | 231 | 2:34    |
| Runde | 3.47 | 24:07 | 6:57   | 55 | 7:40  | 207 | 9:26  | 6.94  | 49:07   | 7:04   | 31 |         | 231 |         |
| Runde | 3.47 | 24:33 | 7:04   | 57 | 7:36  | 209 | 9:36  | 10.41 | 1:13:40 | 7:04   | 31 |         | 231 |         |
| Runde | 3.47 | 24:07 | 6:57   | 54 | 7:06  | 192 | 8:30  | 13.88 | 1:37:47 | 7:02   | 31 |         | 230 | 2:49    |
| Runde | 3.47 | 25:05 | 7:13   | 51 | 7:50  | 194 | 9:30  | 17.35 | 2:02:52 | 7:04   | 31 | 0:56    | 229 | 26:36   |
| Runde | 3.47 | 25:56 | 7:28   | 54 | 8:07  | 198 | 10:28 | 20.82 | 2:28:48 | 7:08   | 31 | 3:11    | 229 | 31:08   |
| Runde | 3.47 | 29:35 | 8:31   | 62 | 11:24 | 227 | 14:02 | 24.29 | 2:58:23 | 7:20   | 31 | 8:11    | 229 | 38:08   |
| Runde | 3.47 | 31:45 | 9:08   | 63 | 13:18 | 229 | 15:37 | 27.76 | 3:30:08 | 7:34   | 31 | 13:11   | 229 | 45:28   |
| Runde | 3.47 | 31:44 | 9:08   | 61 | 13:09 | 222 | 15:42 | 31.23 | 4:01:52 | 7:44   | 31 | 18:50   | 228 | 1:43:02 |
| Runde | 3.47 | 34:48 | 10:01  | 62 | 15:19 | 226 | 18:42 | 34.70 | 4:36:40 | 7:58   | 31 | 25:34   | 223 | 2:01:44 |
| Runde | 3.47 | 32:07 | 9:15   | 54 | 12:40 | 208 | 16:15 | 38.17 | 5:08:47 | 8:05   | 31 | 28:49   | 223 | 2:17:59 |
| Runde | 3.97 | 44:08 | 11:07  | 63 | 26:09 | 239 | 43:51 | 42.18 | 5:52:55 | 8:22   | 62 | 2:17:12 | 228 | 4:23:42 |