



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Stiltz, Frank

□□: LT Hennef/Sieg

□□: 451

□□: 42.18 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 5:52:54

□□: 7.14 km/h

□□□□: 8:22 min/km

□□□□□/□□□□: 246 (of 272)

□□□□□/□: 224 (of 245)

□□□□□□: 3:07:01

□□□□□: 35(of 40)

□□□□□□□: 3:22:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	25:00	7:12	36	10:23	216	11:14	3.47	25:00	7:12	15	0:58	231	2:34	
Runde	3.47	24:10	6:57	33	9:02	210	9:29	6.94	49:10	7:05	15	2:13	232		
Runde	3.47	24:21	7:01	31	8:36	203	9:24	10.41	1:13:31	7:03	15	3:11	232		
Runde	3.47	24:24	7:01	30	8:11	196	8:47	13.88	1:37:55	7:03	15	3:59	231	2:57	
Runde	3.47	25:10	7:15	31	8:38	199	9:35	17.35	2:03:05	7:05	15	5:07	230	26:49	
Runde	3.47	25:58	7:28	29	8:50	200	10:30	20.82	2:29:03	7:09	15	4:55	230	31:23	
Runde	3.47	29:09	8:24	33	11:41	222	13:36	24.29	2:58:12	7:20	15	7:11	230	37:57	
Runde	3.47	32:04	9:14	34	14:38	232	15:56	27.76	3:30:16	7:34	15	11:15	230	45:36	
Runde	3.47	32:33	9:22	35	14:39	227	16:31	31.23	4:02:49	7:46	15	13:38	229	1:43:59	
Runde	3.47	33:53	9:45	35	15:26	223	17:47	34.70	4:36:42	7:58	15	17:04	224	2:01:46	
Runde	3.47	39:02	11:14	38	20:39	236	23:10	38.17	5:15:44	8:16	15	26:06	224	2:24:56	
Runde	3.97	37:10	9:21	36	36:41	231	36:53	42.18	5:52:54	8:21	36	4:23:41	227	4:23:41	