



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

0000

Berghöfer, Ralf

000: 2:02:48

00: 34

00: 10.26 km/h

0000: 5:45 min/km

00: 21.34 km

00000/000: 39 (of 201)

Halbmarathon

00000/0: 34 (of 167)

000000: 1:32:52

0000:

00000: 1(of 13)

Senioren M55 (55-59 Jahre)

0000000: 2:02:48

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| 000   | 00   | 00    | 00     | 00 | 00   | 00 | 00    | 000   | 000     | 000    | 00 | 00 | 00 | 00      |
|-------|------|-------|--------|----|------|----|-------|-------|---------|--------|----|----|----|---------|
|       | km   | 00    | min/km | -  | -    | 0  | 0     | km    | 00      | min/km | -  | -  | 0  | 0       |
| Runde | 3.47 | 20:19 | 5:51   | 2  | 0:33 | 67 | 5:59  | 3.47  | 20:19   | 5:51   | 1  | -  | 36 |         |
| Runde | 3.47 | 20:58 | 6:02   | 1  | -    | 53 | 6:09  | 6.94  | 41:17   | 5:56   | 1  | -  | 35 | 11:39   |
| Runde | 3.47 | 20:36 | 5:56   | 1  | -    | 36 | 6:56  | 10.41 | 1:01:53 | 5:56   | 1  | -  | 35 | 16:42   |
| Runde | 3.47 | 20:09 | 5:48   | 1  | -    | 26 | 4:22  | 13.88 | 1:22:02 | 5:54   | 1  | -  | 34 | 21:04   |
| Runde | 3.47 | 21:05 | 6:04   | 1  | -    | 29 | 5:04  | 17.35 | 1:43:07 | 5:56   | 1  | -  | 33 | 26:08   |
| Runde | 3.97 | 19:41 | 4:57   | 1  | -    | 16 | 19:05 | 21.34 | 2:02:48 | 5:45   | 1  | -  | 35 | 1:15:21 |