



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Rupp, Jürgen

□□: Stuttgart LMS

□□: 386

□□: 42.18 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 5:51:44

□□: 7.16 km/h

□□□□: 8:20 min/km

□□□□□/□□□: 245 (of 272)

□□□□□/□: 223 (of 245)

□□□□□□: 3:07:01

□□□□□: 34(of 40)

□□□□□□□: 3:22:57

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□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47     | 21:23    | 6:09         | 22      | 6:46    | 144     | 7:37    | 3.47  | 21:23     | 6:09          | 16      |         | 233     |         |
| Runde | 3.47     | 23:12    | 6:41         | 28      | 8:04    | 191     | 8:31    | 6.94  | 44:35     | 6:25          | 16      |         | 233     |         |
| Runde | 3.47     | 24:33    | 7:04         | 33      | 8:48    | 209     | 9:36    | 10.41 | 1:09:08   | 6:38          | 16      |         | 200     |         |
| Runde | 3.47     | 26:12    | 7:33         | 36      | 9:59    | 222     | 10:35   | 13.88 | 1:35:20   | 6:52          | 16      | 1:24    | 232     | 0:22    |
| Runde | 3.47     | 27:18    | 7:52         | 36      | 10:46   | 229     | 11:43   | 17.35 | 2:02:38   | 7:04          | 16      | 4:40    | 231     | 26:22   |
| Runde | 3.47     | 29:01    | 8:21         | 37      | 11:53   | 237     | 13:33   | 20.82 | 2:31:39   | 7:17          | 16      | 7:31    | 231     | 33:59   |
| Runde | 3.47     | 31:17    | 9:00         | 35      | 13:49   | 232     | 15:44   | 24.29 | 3:02:56   | 7:31          | 16      | 11:55   | 231     | 42:41   |
| Runde | 3.47     | 32:09    | 9:15         | 35      | 14:43   | 233     | 16:01   | 27.76 | 3:35:05   | 7:44          | 16      | 16:04   | 231     | 50:25   |
| Runde | 3.47     | 31:24    | 9:02         | 31      | 13:30   | 217     | 15:22   | 31.23 | 4:06:29   | 7:53          | 16      | 17:18   | 230     | 1:47:39 |
| Runde | 3.47     | 32:22    | 9:19         | 33      | 13:55   | 213     | 16:16   | 34.70 | 4:38:51   | 8:02          | 16      | 19:13   | 225     | 2:03:55 |
| Runde | 3.47     | 37:26    | 10:47        | 37      | 19:03   | 232     | 21:34   | 38.17 | 5:16:17   | 8:17          | 16      | 26:39   | 225     | 2:25:29 |
| Runde | 3.97     | 35:27    | 8:55         | 35      | 34:58   | 227     | 35:10   | 42.18 | 5:51:44   | 8:20          | 35      | 4:22:31 | 226     | 4:22:31 |