



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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GINO, PAOLO FRANCESCO

□□□: 6:33:48

□□: SUPERMARATHON ITALIA

□□: 6.40 km/h

□□: 121

□□□□: 9:20 min/km

□□: 42.18 km

□□□□□/□□□: 260 (of 272)

Marathon

□□□□□/□: 237 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 39(of 40)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:22:57

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47 | 27:38 | 7:57 | 40 | 13:01 | 243 | 13:52 | 3.47 | 27:38 | 7:57 | 20 | 3:36 | 245 | 5:12 | |
| Runde | 3.47 | 29:40 | 8:32 | 40 | 14:32 | 244 | 14:59 | 6.94 | 57:18 | 8:15 | 20 | 10:21 | 242 | 7:01 | |
| Runde | 3.47 | 32:34 | 9:23 | 39 | 16:49 | 244 | 17:37 | 10.41 | 1:29:52 | 8:37 | 20 | 19:32 | 245 | 1:08 | |
| Runde | 3.47 | 31:55 | 9:11 | 39 | 15:42 | 243 | 16:18 | 13.88 | 2:01:47 | 8:46 | 20 | 27:51 | 244 | 26:49 | |
| Runde | 3.47 | 32:55 | 9:29 | 39 | 16:23 | 243 | 17:20 | 17.35 | 2:34:42 | 8:54 | 20 | 36:44 | 243 | 58:26 | |
| Runde | 3.47 | 29:21 | 8:27 | 38 | 12:13 | 238 | 13:53 | 20.82 | 3:04:03 | 8:50 | 20 | 39:55 | 243 | 1:06:23 | |
| Runde | 3.47 | 32:48 | 9:27 | 38 | 15:20 | 240 | 17:15 | 24.29 | 3:36:51 | 8:55 | 20 | 45:50 | 243 | 1:16:36 | |
| Runde | 3.47 | 34:40 | 9:59 | 38 | 17:14 | 241 | 18:32 | 27.76 | 4:11:31 | 9:03 | 20 | 52:30 | 243 | 1:26:51 | |
| Runde | 3.47 | 38:25 | 11:04 | 39 | 20:31 | 242 | 22:23 | 31.23 | 4:49:56 | 9:17 | 20 | 1:00:45 | 242 | 2:31:06 | |
| Runde | 3.47 | 36:27 | 10:30 | 37 | 18:00 | 231 | 20:21 | 34.70 | 5:26:23 | 9:24 | 20 | 1:06:45 | 237 | 2:51:27 | |
| Runde | 3.47 | 37:25 | 10:46 | 36 | 19:02 | 231 | 21:33 | 38.17 | 6:03:48 | 9:31 | 20 | 1:14:10 | 237 | 3:13:00 | |
| Runde | 3.97 | 30:00 | 7:33 | 29 | 29:31 | 178 | 29:43 | 42.18 | 6:33:48 | 9:20 | 40 | 5:04:35 | 240 | 5:04:35 | |