



# 11. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 17.11.2012

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Hellrung, Heiko

□□: Bad Sooden-Allendorf  
 □□: 370

□□: 42.18 km  
 Marathon

□□□□:  
 Männer M45

□□□: 4:17:47

□□: 9.78 km/h  
 □□□□: 6:07 min/km

□□□□□/□□□□: 105 (of 305)

□□□□□/□: 99 (of 271)

□□□□□□: 3:01:21

□□□□□: 23(of 57)

□□□□□□□: 3:07:03

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□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Runde | 0.50     | 2:00     | 4:00         | 32      | 0:51    | 135     | 0:51    | 0.50  | 2:00      | 4:00          | 16      |         | 81      |         |
| Runde | 3.47     | 19:58    | 5:45         | 41      | 6:27    | 161     | 6:27    | 3.97  | 21:58     | 5:31          | 16      | 0:17    | 62      |         |
| Runde | 3.47     | 20:05    | 5:47         | 34      | 5:49    | 140     | 5:51    | 7.44  | 42:03     | 5:39          | 56      | 1:43    | 117     |         |
| Runde | 3.47     | 20:04    | 5:46         | 32      | 16:55   | 137     | 16:55   | 10.91 | 1:02:07   | 5:41          | 56      | 2:32    | 116     |         |
| Runde | 3.47     | 20:45    | 5:58         | 35      | 5:53    | 150     | 6:24    | 14.38 | 1:22:52   | 5:45          | 56      | 3:36    | 114     |         |
| Runde | 3.47     | 20:21    | 5:51         | 27      | 5:33    | 115     | 5:56    | 17.85 | 1:43:13   | 5:46          | 55      | 3:20    | 113     | 9:11    |
| Runde | 3.47     | 20:58    | 6:02         | 26      | 6:02    | 120     | 6:23    | 21.32 | 2:04:11   | 5:49          | 55      | 2:43    | 112     | 37:03   |
| Runde | 3.47     | 20:54    | 6:01         | 22      | 5:44    | 89      | 6:22    | 24.79 | 2:25:05   | 5:51          | 55      | 0:26    | 112     | 43:02   |
| Runde | 3.47     | 21:10    | 6:05         | 17      | 5:20    | 77      | 6:45    | 28.26 | 2:46:15   | 5:52          | 50      |         | 107     | 48:58   |
| Runde | 3.47     | 22:15    | 6:24         | 19      | 6:01    | 87      | 7:16    | 31.73 | 3:08:30   | 5:56          | 50      |         | 105     | 54:59   |
| Runde | 3.47     | 22:15    | 6:24         | 17      | 5:33    | 65      | 6:48    | 35.20 | 3:30:45   | 5:59          | 49      |         | 101     | 56:35   |
| Runde | 3.47     | 23:54    | 6:53         | 20      | 6:37    | 92      | 8:02    | 38.67 | 3:54:39   | 6:04          | 49      |         | 100     | 1:09:31 |
| Ziel  | 3.47     | 23:08    | 6:39         | 19      | 5:43    | 94      | 7:32    | 42.18 | 4:17:47   | 6:06          | 23      | 1:10:44 | 99      | 1:16:26 |