



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Zachan, Michael

□□□: 4:49:31

□□: Solinger LC

□□: 8.70 km/h

□□: 520

□□□□: 6:52 min/km

□□: 42.18 km

□□□□□/□□□: 143 (of 272)

Marathon

□□□□□/□: 133 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 7(of 19)

Senioren M55 (55-59 Jahre)

□□□□□□□: 3:20:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	19:38	5:39	4	4:10	100	5:52	3.47	19:38	5:39	12	-	-	140	
Runde	3.47	20:41	5:57	4	4:53	120	6:00	6.94	40:19	5:48	12	-	-	140	
Runde	3.47	21:53	6:18	4	5:48	145	6:56	10.41	1:02:12	5:58	12	-	-	140	
Runde	3.47	22:30	6:29	6	6:06	153	6:53	13.88	1:24:42	6:06	12	-	-	139	
Runde	3.47	21:58	6:19	5	5:12	129	6:23	17.35	1:46:40	6:08	12	-	-	138	10:24
Runde	3.47	22:49	6:34	5	5:46	127	7:21	20.82	2:09:29	6:13	12	-	-	138	11:49
Runde	3.47	24:19	7:00	6	7:43	144	8:46	24.29	2:33:48	6:19	12	-	-	138	13:33
Runde	3.47	25:50	7:26	7	8:46	150	9:42	27.76	2:59:38	6:28	12	-	-	138	14:58
Runde	3.47	27:08	7:49	10	9:30	156	11:06	31.23	3:26:46	6:37	12	-	-	137	1:07:56
Runde	3.47	26:44	7:42	9	9:17	133	10:38	34.70	3:53:30	6:43	12	-	-	132	1:18:34
Runde	3.47	27:56	8:02	10	10:51	141	12:04	38.17	4:21:26	6:50	12	-	-	132	1:30:38
Runde	3.97	28:05	7:04	10	27:48	149	27:48	42.18	4:49:31	6:51	7	1:28:56	-	136	3:20:18