



# 13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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**Zeulner, Volker**

□□□: 5:11:54

□□: Theisauer Hot-Legs

□□: 8.08 km/h

□□: 521

□□□□: 7:23 min/km

□□: 42.18 km

□□□□□/□□□: 197 (of 272)

Marathon

□□□□□/□: 180 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 40(of 51)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:34:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	21:21	6:09	33	6:49	142	7:35	3.47	21:21	6:09	16			188	
Runde	3.47	24:55	7:10	49	9:53	227	10:14	6.94	46:16	6:39	16	1:43		188	
Runde	3.47	24:05	6:56	42	8:36	197	9:08	10.41	1:10:21	6:45	16	2:13		188	
Runde	3.47	24:54	7:10	43	8:56	205	9:17	13.88	1:35:15	6:51	16	3:12		187	0:17
Runde	3.47	24:57	7:11	44	8:15	191	9:22	17.35	2:00:12	6:55	16	4:12		186	23:56
Runde	3.47	25:24	7:19	40	8:15	184	9:56	20.82	2:25:36	6:59	16	4:43		186	27:56
Runde	3.47	26:32	7:38	43	8:33	187	10:59	24.29	2:52:08	7:05	16	5:26		186	31:53
Runde	3.47	27:09	7:49	40	8:43	181	11:01	27.76	3:19:17	7:10	16	5:37		186	34:37
Runde	3.47	28:35	8:14	41	9:24	179	12:33	31.23	3:47:52	7:17	16	6:35		185	1:29:02
Runde	3.47	28:50	8:18	35	9:24	165	12:44	34.70	4:16:42	7:23	15	3:44		180	1:41:46
Runde	3.47	27:39	7:58	28	8:13	134	11:47	38.17	4:44:21	7:26	15	3:36		180	1:53:33
Runde	3.97	27:33	6:56	31	9:34	139	27:16	42.18	5:11:54	7:23	41	1:37:00		183	3:42:41