



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Meyer-Carlstädt, Volker

□□□: 5:53:58

□□: WSU Warendorf

□□: 7.15 km/h

□□: 305

□□□□: 8:23 min/km

□□: 42.18 km

□□□□□/□□□: 248 (of 272)

Marathon

□□□□□/□: 226 (of 245)

□□□□□□: 3:07:01

□□□□:

□□□□□: 63(of 63)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:35:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	27:52	8:01	63	12:02	244	14:06	3.47	27:52	8:01	32	2:03	234	5:26	
Runde	3.47	26:59	7:46	63	10:32	240	12:18	6.94	54:51	7:54	32	4:10	234	4:34	
Runde	3.47	27:31	7:55	63	10:34	241	12:34	10.41	1:22:22	7:54	32	7:22	234		
Runde	3.47	28:38	8:15	63	11:37	240	13:01	13.88	1:51:00	7:59	32	12:54	233	16:02	
Runde	3.47	28:48	8:17	63	11:33	237	13:13	17.35	2:19:48	8:03	32	17:52	232	43:32	
Runde	3.47	25:12	7:15	49	7:23	180	9:44	20.82	2:45:00	7:55	32	19:23	232	47:20	
Runde	3.47	27:27	7:54	55	9:16	202	11:54	24.29	3:12:27	7:55	32	22:15	232	52:12	
Runde	3.47	28:15	8:08	55	9:48	200	12:07	27.76	3:40:42	7:57	32	23:45	232	56:02	
Runde	3.47	29:54	8:37	57	11:19	204	13:52	31.23	4:10:36	8:01	32	27:34	231	1:51:46	
Runde	3.47	32:42	9:25	57	13:13	215	16:36	34.70	4:43:18	8:09	32	32:12	226	2:08:22	
Runde	3.47	35:00	10:05	58	15:33	220	19:08	38.17	5:18:18	8:20	32	38:20	226	2:27:30	
Runde	3.97	35:40	8:59	61	17:41	228	35:23	42.18	5:53:58	8:23	63	2:18:15	229	4:24:45	