



7. Unter-Tage Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 06.12.2008

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Amborn, Ulrich

□□: LG Offenbach

□□: 10

□□: 42.20 km

Marathon

□□□□:

Männer M50

□□□: 3:35:15

□□: 11.71 km/h

□□□□: 5:06 min/km

□□□□□/□□□: 8 (of 305)

□□□□□/□: 8 (of 279)

□□□□□□: 3:13:29

□□□□□: 1(of 30)

□□□□□□□: 3:35:15

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| 1. Runde | 10.55 | 49:57 | 4:44 | 3 | 1:10 | 15 | 6:57 | 10.55 | 49:57 | 4:44 | 30 | | 13 | |
| 2. Runde | 10.55 | 53:56 | 5:06 | 2 | 1:36 | 14 | 7:38 | 21.10 | 1:43:53 | 4:55 | 30 | | 13 | 5:07 |
| 3. Runde | 10.55 | 54:49 | 5:11 | 1 | - | 9 | 5:51 | 31.65 | 2:38:42 | 5:00 | 16 | | 10 | 8:38 |
| Ziel | 10.55 | 56:33 | 5:21 | 1 | - | 10 | 56:01 | 42.20 | 3:35:15 | 5:06 | 2 | 19:58 | 14 | 2:05:32 |