



# 9. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 04.12.2010

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## AMBORN, Ulrich

□□: LG Offenbach

□□: 3

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 3:20:36

□□: 12.56 km/h

□□□□: 4:46 min/km

□□□□□/□□□: 1 (of 289)

□□□□□/□: 1 (of 261)

□□□□□□: 3:20:36

□□□□□: 1(of 32)

□□□□□□□: 3:20:36

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| □□□      | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|----------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1     | 5.27     | 24:07    | 4:34         | 2       | 0:04    | 10      | 1:45    | 5.27      | 24:07     | 4:34          | 32      |         | 8       |         |
| □□ 2     | 5.27     | 24:14    | 4:35         | 1       | -       | 2       | 0:48    | 10.54     | 48:21     | 4:35          | 1       | -       | 6       |         |
| □□ 3     | 5.27     | 24:31    | 4:39         | 1       | -       | 3       | 0:53    | 15.81     | 1:12:52   | 4:36          | 17      |         | 4       |         |
| □□ 4     | 5.27     | 24:38    | 4:40         | 1       | -       | 1       | -       | 21.08     | 1:37:30   | 4:37          | 16      |         | 2       |         |
| □□ 5     | 5.27     | 25:19    | 4:48         | 1       | -       | 1       | -       | 26.35     | 2:02:49   | 4:39          | 15      |         | 1       | -       |
| □□ 6     | 5.27     | 25:57    | 4:55         | 1       | -       | 2       | 0:06    | 31.62     | 2:28:46   | 4:42          | 14      |         | 1       | -       |
| □□ 7     | 5.27     | 26:07    | 4:57         | 1       | -       | 1       | -       | 36.89     | 2:54:53   | 4:44          | 15      |         | 1       | -       |
| □□□ Ziel | 5.27     | 25:43    | 4:52         | 1       | -       | 1       | -       | 42.16     | 3:20:36   | 4:45          | 2       | 1:59:03 | 9       | 2:53:49 |