



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

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Amborn, Ulrich

□□: LG Offenbach

□□: 4

□□: 42.16 km

Marathon

□□□□:

Männer M50

□□□: 3:29:07

□□: 12.05 km/h

□□□□: 4:58 min/km

□□□□□/□□□: 3 (of 311)

□□□□□/□: 3 (of 279)

□□□□□□: 3:02:44

□□□□□: 1(of 47)

□□□□□□□: 3:29:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Runde	5.27	25:15	4:47	1	-	16	3:32	5.27	25:15	4:47	37	-	8	
Runde	5.27	25:01	4:44	1	-	12	3:18	10.54	50:16	4:46	37	-	3	6:50
Runde	5.27	26:02	4:56	1	-	14	3:47	15.81	1:16:18	4:49	37	-	3	10:37
Runde	5.27	25:56	4:55	1	-	8	3:08	21.08	1:42:14	4:50	37	-	3	13:45
Runde	5.27	26:19	4:59	1	-	4	3:43	26.35	2:08:33	4:52	37	-	3	17:28
Runde	5.27	27:17	5:10	1	-	5	4:45	31.62	2:35:50	4:55	37	-	3	22:13
Runde	5.27	27:39	5:14	1	-	4	4:27	36.89	3:03:29	4:58	37	-	3	26:40
Runde	5.27	25:38	4:51	1	-	2	9:53	42.16	3:29:07	4:57	1	-	8	2:35:45