



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Friese, Ralf

□□: SC Delphin Ingolstadt  
 □□: 84

□□: 42.18 km  
 Marathon

□□□□:  
 Senioren M40 (40-44 Jahre)

□□□: 4:08:24

□□: 10.19 km/h  
 □□□□: 5:53 min/km

□□□□□/□□□□: 38 (of 220)

□□□□□/□: 36 (of 194)

□□□□□□: 3:07:34

□□□□□: 6(of 42)

□□□□□□□: 3:33:09

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	16:41	4:48	3	0:22	15	2:13	3.47	16:41	4:48	27	-	38	
Runde	3.47	17:01	4:54	3	0:40	14	2:25	6.94	33:42	4:51	27	-	38	
Runde	3.47	17:27	5:01	3	0:59	17	2:31	10.41	51:09	4:54	23	-	37	
Runde	3.47	17:31	5:02	3	1:07	15	2:25	13.88	1:08:40	4:56	26	-	25	
Runde	3.47	18:07	5:13	3	2:02	17	2:52	17.35	1:26:47	5:00	27	-	37	
Runde	3.47	18:56	5:27	5	2:05	25	3:30	20.82	1:45:43	5:04	26	-	20	
Runde	3.47	20:00	5:45	11	2:28	37	4:53	24.29	2:05:43	5:10	23	-	25	20:33
Runde	3.47	23:39	6:48	21	6:08	83	7:56	27.76	2:29:22	5:22	23	-	34	23:50
Runde	3.47	25:56	7:28	30	8:13	113	9:42	31.23	2:55:18	5:36	27	-	36	38:11
Runde	3.47	24:28	7:03	19	5:34	64	7:54	34.70	3:19:46	5:45	26	-	27	46:02
Runde	3.47	24:06	6:56	11	3:31	45	7:14	38.17	3:43:52	5:51	27	-	34	53:09
Runde	3.97	24:32	6:10	16	4:29	63	7:41	42.18	4:08:24	5:53	6	35:15	39	2:46:35