



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Rau, Ulf

□□: SC Riederau  
 □□: 244

□□: 42.18 km  
 Marathon

□□□□:  
 Senioren M45 (45-49 Jahre)

□□□: 4:37:42

□□: 9.07 km/h  
 □□□□: 6:35 min/km

□□□□□/□□□: 90 (of 220)

□□□□□/□: 86 (of 194)

□□□□□□: 3:07:34

□□□□□: 21(of 44)

□□□□□□□: 3:33:12

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
Runde	3.47	21:13	6:06	26	5:03	115	6:45	3.47	21:13	6:06	43	0:15	88	
Runde	3.47	22:08	6:22	30	6:07	132	7:32	6.94	43:21	6:14	43	2:03	88	
Runde	3.47	22:08	6:22	29	6:09	122	7:12	10.41	1:05:29	6:17	3		80	
Runde	3.47	23:19	6:43	36	6:49	149	8:13	13.88	1:28:48	6:23	40	5:42	73	
Runde	3.47	22:57	6:36	25	5:55	118	7:42	17.35	1:51:45	6:26	42		87	6:27
Runde	3.47	21:05	6:04	15	4:09	73	5:39	20.82	2:12:50	6:22	23		77	3:17
Runde	3.47	22:18	6:25	18	4:47	80	7:11	24.29	2:35:08	6:23	41		75	49:58
Runde	3.47	24:38	7:05	24	6:55	108	8:55	27.76	2:59:46	6:28	3		83	54:14
Runde	3.47	24:08	6:57	18	5:41	75	7:54	31.23	3:23:54	6:31	39		67	1:06:47
Runde	3.47	23:47	6:51	14	4:28	52	7:13	34.70	3:47:41	6:33	29		77	1:13:57
Runde	3.47	25:31	7:21	17	6:30	71	8:39	38.17	4:13:12	6:38	39		76	1:22:29
Runde	3.97	24:30	6:10	14	5:53	61	7:39	42.18	4:37:42	6:35	21	1:04:30	89	3:15:53