



# 12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Rupp, Jürgen

□□: Stuttgart

□□: 257

□□: 42.18 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 5:33:29

□□: 7.56 km/h

□□□□: 7:55 min/km

□□□□□/□□□: 200 (of 220)

□□□□□/□: 180 (of 194)

□□□□□□: 3:07:34

□□□□□: 33(of 38)

□□□□□□□: 3:42:15

□□□□

□□□□

□□□

| □□□   | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|-------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Runde | 3.47     | 23:28    | 6:45         | 33      | 7:36    | 175     | 9:00    | 3.47  | 23:28     | 6:45      | 14            | 2:34    | 182     | 0:17    |         |
| Runde | 3.47     | 24:31    | 7:03         | 37      | 8:49    | 186     | 9:55    | 6.94  | 47:59     | 6:54      | 14            | 3:45    | 182     | 1:18    |         |
| Runde | 3.47     | 24:49    | 7:09         | 38      | 8:43    | 185     | 9:53    | 10.41 | 1:12:48   | 6:59      | 6             | 21:40   | 135     | 0:47    |         |
| Runde | 3.47     | 24:32    | 7:04         | 31      | 7:54    | 173     | 9:26    | 13.88 | 1:37:20   | 7:00      | 14            | 6:14    | 167     |         |         |
| Runde | 3.47     | 25:48    | 7:26         | 35      | 9:00    | 181     | 10:33   | 17.35 | 2:03:08   | 7:05      | 38            | 6:18    | 189     | 17:50   |         |
| Runde | 3.47     | 25:56    | 7:28         | 33      | 8:55    | 173     | 10:30   | 20.82 | 2:29:04   | 7:09      | 14            | 9:04    | 158     | 19:31   |         |
| Runde | 3.47     | 28:13    | 8:07         | 34      | 10:48   | 183     | 13:06   | 24.29 | 2:57:17   | 7:17      | 16            | 8:39    | 169     | 1:12:07 |         |
| Runde | 3.47     | 28:56    | 8:20         | 31      | 11:05   | 174     | 13:13   | 27.76 | 3:26:13   | 7:25      | 13            | 11:37   | 154     | 1:20:41 |         |
| Runde | 3.47     | 30:43    | 8:51         | 34      | 11:47   | 175     | 14:29   | 31.23 | 3:56:56   | 7:35      | 15            | 14:10   | 160     | 1:39:49 |         |
| Runde | 3.47     | 32:04    | 9:14         | 33      | 10:34   | 177     | 15:30   | 34.70 | 4:29:00   | 7:45      | 7             | 30:33   | 155     | 1:55:16 |         |
| Runde | 3.47     | 31:30    | 9:04         | 29      | 10:21   | 164     | 14:38   | 38.17 | 5:00:30   | 7:52      | 14            | 14:07   | 168     | 2:09:47 |         |
| Runde | 3.97     | 32:59    | 8:18         | 34      | 12:02   | 178     | 16:08   | 42.18 | 5:33:29   | 7:54      | 33            | 1:51:14 | 183     | 4:11:40 |         |