



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

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
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	