



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

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Amborn, Ulrich

□□: LG Offebach

□□: 5

□□: 42.18 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:25:37

□□: 12.26 km/h

□□□□: 4:52 min/km

□□□□□/□□□□: 5 (of 220)

□□□□□/□: 5 (of 194)

□□□□□□: 3:07:34

□□□□□: 1(of 10)

□□□□□□□: 3:25:37

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------|------|-------|--------|----|----|----|------|-------|---------|--------|----|----|-----|---------|
| | km | □□ | min/km | - | - | □ | □ | km | □□ | min/km | - | - | □ | □ |
| Runde | 3.47 | 16:22 | 4:42 | 1 | - | 11 | 1:54 | 3.47 | 16:22 | 4:42 | 1 | - | 7 | |
| Runde | 3.47 | 16:31 | 4:45 | 1 | - | 9 | 1:55 | 6.94 | 32:53 | 4:44 | 1 | - | 7 | |
| Runde | 3.47 | 16:33 | 4:46 | 1 | - | 9 | 1:37 | 10.41 | 49:26 | 4:44 | 1 | - | 6 | |
| Runde | 3.47 | 16:25 | 4:43 | 1 | - | 5 | 1:19 | 13.88 | 1:05:51 | 4:44 | 10 | | 181 | |
| Runde | 3.47 | 16:30 | 4:45 | 1 | - | 5 | 1:15 | 17.35 | 1:22:21 | 4:44 | 1 | - | 6 | |
| Runde | 3.47 | 16:38 | 4:47 | 1 | - | 4 | 1:12 | 20.82 | 1:38:59 | 4:45 | 1 | - | 6 | |
| Runde | 3.47 | 17:23 | 5:00 | 1 | - | 5 | 2:16 | 24.29 | 1:56:22 | 4:47 | 1 | - | 5 | 11:12 |
| Runde | 3.47 | 17:32 | 5:03 | 1 | - | 6 | 1:49 | 27.76 | 2:13:54 | 4:49 | 1 | - | 3 | 8:22 |
| Runde | 3.47 | 18:08 | 5:13 | 1 | - | 6 | 1:54 | 31.23 | 2:32:02 | 4:52 | 1 | - | 5 | 14:55 |
| Runde | 3.47 | 17:44 | 5:06 | 1 | - | 4 | 1:10 | 34.70 | 2:49:46 | 4:53 | 1 | - | 5 | 16:02 |
| Runde | 3.47 | 17:46 | 5:07 | 1 | - | 3 | 0:54 | 38.17 | 3:07:32 | 4:54 | 1 | - | 3 | 16:49 |
| Runde | 3.97 | 18:05 | 4:33 | 1 | - | 3 | 1:14 | 42.18 | 3:25:37 | 4:52 | 1 | - | 8 | 2:03:48 |