



12. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 16.11.2013

0000

Amborn, Ulrich

00: LG Offebach

00: 5

00: 42.18 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 3:25:37

00: 12.26 km/h

0000: 4:52 min/km

00000/0000: 5 (of 220)

00000/0: 5 (of 194)

000000: 3:07:34

00000: 1(of 10)

0000000: 3:25:37

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
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