



13. Untertage-Sparkassen-Marathon

Brügman- Schacht, Sondershausen / 15.11.2014

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Rau, Ulf

□□: Triathlon SC Riederau
 □□: 364

□□: 42.18 km
 Marathon

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 5:19:55

□□: 7.88 km/h
 □□□□: 7:35 min/km

□□□□□/□□□□: 212 (of 272)

□□□□□/□: 194 (of 245)

□□□□□□: 3:07:01

□□□□□: 30(of 40)

□□□□□□□: 3:22:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Runde	3.47	24:02	6:55	33	9:25	201	10:16	3.47	24:02	6:55	1	-	202	1:36
Runde	3.47	22:55	6:36	27	7:47	186	8:14	6.94	46:57	6:45	1	-	202	
Runde	3.47	23:23	6:44	27	7:38	181	8:26	10.41	1:10:20	6:45	1	-	202	
Runde	3.47	23:36	6:48	26	7:23	176	7:59	13.88	1:33:56	6:46	1	-	201	
Runde	3.47	24:02	6:55	27	7:30	173	8:27	17.35	1:57:58	6:47	1	-	200	21:42
Runde	3.47	26:10	7:32	31	9:02	205	10:42	20.82	2:24:08	6:55	1	-	200	26:28
Runde	3.47	26:53	7:44	27	9:25	191	11:20	24.29	2:51:01	7:02	1	-	200	30:46
Runde	3.47	28:00	8:04	25	10:34	196	11:52	27.76	3:19:01	7:10	1	-	200	34:21
Runde	3.47	30:10	8:41	29	12:16	208	14:08	31.23	3:49:11	7:20	1	-	199	1:30:21
Runde	3.47	30:27	8:46	29	12:00	192	14:21	34.70	4:19:38	7:28	1	-	194	1:44:42
Runde	3.47	30:00	8:38	25	11:37	181	14:08	38.17	4:49:38	7:35	1	-	194	1:58:50
Runde	3.97	30:17	7:37	31	29:48	186	30:00	42.18	5:19:55	7:35	31	3:50:42	197	3:50:42