



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Flejmer, Karol

00: Bad Sobernheim

00: 529

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 3:12:09

00: 13.11 km/h

0000: 4:33 min/km

00000/0000: 8 (of 119)

00000/0: 8 (of 107)

000000: 2:53:03

00000: 2(of 9)

0000000: 3:07:39

0000

0000

000

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
00 1	3.25	12:56	3:58	2	0:32	5	1:07	3.25	12:56	3:58	2	0:32	5	1:07
00 2	3.25	13:58	4:17	2	0:41	10	1:18	6.50	26:54	4:08	2	1:13	6	2:25
00 3	3.25	14:04	4:19	2	0:23	9	1:33	9.75	40:58	4:12	2	1:36	7	3:45
00 4	3.25	13:48	4:14	1	-	6	1:09	13.00	54:46	4:12	2	1:33	7	4:46
00 5	3.25	14:12	4:22	2	0:03	9	1:15	16.25	1:08:58	4:14	2	1:36	7	6:01
00 6	3.25	14:09	4:21	1	-	5	1:03	19.50	1:23:07	4:15	2	1:27	7	6:58
00 7	3.25	14:23	4:25	1	-	6	1:19	22.75	1:37:30	4:17	2	1:18	8	8:04
00 8	3.25	14:32	4:28	1	-	3	1:27	26.00	1:52:02	4:18	2	0:50	8	9:31
00 9	3.25	14:35	4:29	1	-	3	1:00	29.25	2:06:37	4:19	2	0:30	7	10:31
00 10	3.25	16:51	5:11	3	1:41	18	2:44	32.50	2:23:28	4:24	3	2:11	9	13:15
00 11	3.25	16:04	4:56	2	0:12	12	2:07	35.75	2:39:32	4:27	2	2:23	7	15:22
00 12	3.25	16:29	5:04	2	1:22	13	2:27	39.00	2:56:01	4:30	2	3:45	8	17:49
000 00	3.25	16:08	4:57	2	0:45	11	1:17	42.25	3:12:09	4:32	2	4:30	8	19:06