



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Stoffels, Matthias

00: Alt Nauorter Brauerei

00: 636

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:19:00

00: 12.66 km/h

0000: 4:43 min/km

00000/000: 14 (of 119)

00000/0: 14 (of 107)

000000: 2:53:03

00000: 2(of 10)

0000000: 2:59:21

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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
00 1	3.25	14:12	4:22	4	2:23	18	2:23	3.25	14:12	4:22	4	2:23	18	2:23
00 2	3.25	14:21	4:24	2	1:41	12	1:41	6.50	28:33	4:23	2	4:04	14	4:04
00 3	3.25	14:34	4:28	2	1:50	14	2:03	9.75	43:07	4:25	2	5:54	12	5:54
00 4	3.25	14:36	4:29	2	1:49	13	1:57	13.00	57:43	4:26	2	7:43	13	7:43
00 5	3.25	15:29	4:45	2	2:32	17	2:32	16.25	1:13:12	4:30	2	10:15	14	10:15
00 6	3.25	15:06	4:38	2	1:54	15	2:00	19.50	1:28:18	4:31	2	12:09	14	12:09
00 7	3.25	15:16	4:41	2	1:59	15	2:12	22.75	1:43:34	4:33	2	14:08	14	14:08
00 8	3.25	15:09	4:39	2	1:56	14	2:04	26.00	1:58:43	4:33	2	16:04	14	16:12
00 9	3.25	15:22	4:43	2	1:31	13	1:47	29.25	2:14:05	4:35	2	17:35	14	17:59
00 10	3.25	15:35	4:47	1	-	10	1:28	32.50	2:29:40	4:36	2	17:16	14	19:27
00 11	3.25	16:07	4:57	2	1:34	13	2:10	35.75	2:45:47	4:38	2	18:50	13	21:37
00 12	3.25	16:32	5:05	2	0:50	14	2:30	39.00	3:02:19	4:40	2	19:40	14	24:07
000 00	3.25	16:41	5:08	1	-	15	1:50	42.25	3:19:00	4:42	2	19:39	14	25:57