



# 10. Kristall-Marathon

Merkers / 14.02.2016

0000

Hake, Achim

00: Beverungen

00: 539

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:35:18

00: 11.70 km/h

0000: 5:06 min/km

00000/000: 19 (of 119)

00000/0: 19 (of 107)

000000: 2:53:03

00000: 2(of 16)

0000000: 3:11:10

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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	16:01	4:55	5	2:40	39	4:12	3.25	16:01	4:55	5	2:40	39	4:12
00 2	3.25	16:25	5:03	3	2:40	39	3:45	6.50	32:26	4:59	5	5:20	39	7:57
00 3	3.25	16:38	5:07	4	2:43	37	4:07	9.75	49:04	5:01	4	8:03	40	11:51
00 4	3.25	16:38	5:07	4	2:33	33	3:59	13.00	1:05:42	5:03	4	10:36	40	15:42
00 5	3.25	16:35	5:06	2	2:25	29	3:38	16.25	1:22:17	5:03	4	13:01	34	19:20
00 6	3.25	16:53	5:11	4	2:26	34	3:47	19.50	1:39:10	5:05	4	15:27	32	23:01
00 7	3.25	16:45	5:09	5	2:00	27	3:41	22.75	1:55:55	5:05	4	17:27	31	26:29
00 8	3.25	16:51	5:11	3	1:47	24	3:46	26.00	2:12:46	5:06	4	19:14	29	30:15
00 9	3.25	16:48	5:10	3	1:33	22	3:13	29.25	2:29:34	5:06	2	20:47	26	33:28
00 10	3.25	16:38	5:07	2	1:07	15	2:31	32.50	2:46:12	5:06	2	21:54	24	35:59
00 11	3.25	16:33	5:05	2	0:55	14	2:36	35.75	3:02:45	5:06	2	22:49	23	38:35
00 12	3.25	16:26	5:03	2	0:40	12	2:24	39.00	3:19:11	5:06	2	23:29	21	40:59
000 00	3.25	16:07	4:57	2	0:39	10	1:16	42.25	3:35:18	5:05	2	24:08	19	42:15