



10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Bart, Ernst

□□: Laufwunder-Steyr

□□: 504

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:40:46

□□: 11.41 km/h

□□□□: 5:14 min/km

□□□□□/□□□: 26 (of 119)

□□□□□/□: 26 (of 107)

□□□□□□: 2:53:03

□□□□□: 7(of 24)

□□□□□□□: 3:08:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:44	5:08	11	3:36	48	4:55	3.25	16:44	5:08	11	3:36	48	4:55	
□□ 2	3.25	16:03	4:56	8	2:14	30	3:23	6.50	32:47	5:02	10	5:44	42	8:18	
□□ 3	3.25	16:08	4:57	6	2:30	27	3:37	9.75	48:55	5:01	7	8:05	37	11:42	
□□ 4	3.25	16:20	5:01	6	2:36	28	3:41	13.00	1:05:15	5:01	7	10:41	35	15:15	
□□ 5	3.25	16:12	4:59	6	2:22	24	3:15	16.25	1:21:27	5:00	6	13:03	27	18:30	
□□ 6	3.25	16:31	5:04	6	2:22	27	3:25	19.50	1:37:58	5:01	6	15:25	26	21:49	
□□ 7	3.25	16:58	5:13	6	2:53	33	3:54	22.75	1:54:56	5:03	6	18:18	27	25:30	
□□ 8	3.25	16:48	5:10	6	1:57	23	3:43	26.00	2:11:44	5:03	6	20:09	25	29:13	
□□ 9	3.25	17:18	5:19	7	2:24	30	3:43	29.25	2:29:02	5:05	6	22:27	25	32:56	
□□ 10	3.25	17:40	5:26	8	2:21	30	3:33	32.50	2:46:42	5:07	6	24:48	25	36:29	
□□ 11	3.25	17:49	5:28	6	2:36	24	3:52	35.75	3:04:31	5:09	6	27:24	25	40:21	
□□ 12	3.25	18:41	5:44	10	2:56	34	4:39	39.00	3:23:12	5:12	6	30:20	24	45:00	
□□□ □□	3.25	17:34	5:24	7	2:21	23	2:43	42.25	3:40:46	5:13	7	32:41	26	47:43	