



10. Kristall-Marathon

Merkers / 14.02.2016

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Sistermanns, Elmar

□□: LG Mörfelden-Walldorf

□□: 633

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:40:39

□□: 11.42 km/h

□□□□: 5:13 min/km

□□□□□/□□□□: 25 (of 119)

□□□□□/□: 25 (of 107)

□□□□□□: 2:53:03

□□□□□: 3(of 16)

□□□□□□□: 3:11:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:25	5:03	6	3:04	43	4:36	3.25	16:25	5:03	6	3:04	43	4:36	
□□ 2	3.25	17:30	5:23	10	3:45	58	4:50	6.50	33:55	5:13	7	6:49	53	9:26	
□□ 3	3.25	17:28	5:22	8	3:33	51	4:57	9.75	51:23	5:16	7	10:22	51	14:10	
□□ 4	3.25	17:52	5:29	10	3:47	59	5:13	13.00	1:09:15	5:19	7	14:09	51	19:15	
□□ 5	3.25	17:10	5:16	7	3:00	42	4:13	16.25	1:26:25	5:19	8	17:09	50	23:28	
□□ 6	3.25	16:53	5:11	4	2:26	34	3:47	19.50	1:43:18	5:17	8	19:35	49	27:09	
□□ 7	3.25	16:42	5:08	4	1:57	26	3:38	22.75	2:00:00	5:16	8	21:32	46	30:34	
□□ 8	3.25	16:37	5:06	2	1:33	20	3:32	26.00	2:16:37	5:15	7	23:05	41	34:06	
□□ 9	3.25	16:43	5:08	2	1:28	21	3:08	29.25	2:33:20	5:14	7	24:33	40	37:14	
□□ 10	3.25	16:38	5:07	2	1:07	15	2:31	32.50	2:49:58	5:13	7	25:40	36	39:45	
□□ 11	3.25	16:49	5:10	3	1:11	15	2:52	35.75	3:06:47	5:13	3	26:51	29	42:37	
□□ 12	3.25	17:07	5:15	3	1:21	18	3:05	39.00	3:23:54	5:13	3	28:12	26	45:42	
□□□ □□	3.25	16:45	5:09	3	1:17	18	1:54	42.25	3:40:39	5:13	3	29:29	25	47:36	