



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Bosgraaf, Jaap Sije

00: Friesland

00: 513

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:44:07

00: 11.24 km/h

0000: 5:18 min/km

00000/0000: 30 (of 119)

00000/0: 30 (of 107)

000000: 2:53:03

00000: 5(of 16)

0000000: 3:11:10

0000

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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	17:42	5:26	12	4:21	67	5:53	3.25	17:42	5:26	12	4:21	67	5:53
00 2	3.25	17:29	5:22	9	3:44	57	4:49	6.50	35:11	5:24	12	8:05	65	10:42
00 3	3.25	17:31	5:23	9	3:36	55	5:00	9.75	52:42	5:24	9	11:41	60	15:29
00 4	3.25	16:38	5:07	4	2:33	33	3:59	13.00	1:09:20	5:19	8	14:14	52	19:20
00 5	3.25	16:46	5:09	5	2:36	34	3:49	16.25	1:26:06	5:17	7	16:50	48	23:09
00 6	3.25	16:53	5:11	4	2:26	34	3:47	19.50	1:42:59	5:16	7	19:16	47	26:50
00 7	3.25	16:52	5:11	7	2:07	31	3:48	22.75	1:59:51	5:16	7	21:23	45	30:25
00 8	3.25	16:59	5:13	4	1:55	25	3:54	26.00	2:16:50	5:15	8	23:18	42	34:19
00 9	3.25	17:14	5:18	6	1:59	29	3:39	29.25	2:34:04	5:16	8	25:17	41	37:58
00 10	3.25	17:17	5:19	4	1:46	22	3:10	32.50	2:51:21	5:16	8	27:03	40	41:08
00 11	3.25	17:29	5:22	4	1:51	21	3:32	35.75	3:08:50	5:16	8	28:54	37	44:40
00 12	3.25	17:31	5:23	4	1:45	19	3:29	39.00	3:26:21	5:17	7	30:39	34	48:09
000 00	3.25	17:46	5:28	5	2:18	26	2:55	42.25	3:44:07	5:18	5	32:57	30	51:04