



# 10. Kristall-Marathon

Merkers / 14.02.2016

0000

Siebert, Ingo

00: RTB Remscheid

00: 632

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:44:33

00: 11.22 km/h

0000: 5:19 min/km

00000/0000: 33 (of 119)

00000/0: 33 (of 107)

000000: 2:53:03

00000: 6(of 16)

0000000: 3:11:10

0000

0000

000

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	15:37	4:48	3	2:16	31	3:48	3.25	15:37	4:48	3	2:16	31	3:48
00 2	3.25	16:17	5:00	2	2:32	36	3:37	6.50	31:54	4:54	2	4:48	34	7:25
00 3	3.25	16:31	5:04	3	2:36	35	4:00	9.75	48:25	4:57	2	7:24	33	11:12
00 4	3.25	16:36	5:06	3	2:31	32	3:57	13.00	1:05:01	5:00	3	9:55	34	15:01
00 5	3.25	16:59	5:13	6	2:49	38	4:02	16.25	1:22:00	5:02	3	12:44	33	19:03
00 6	3.25	17:01	5:14	7	2:34	38	3:55	19.50	1:39:01	5:04	3	15:18	31	22:52
00 7	3.25	16:39	5:07	3	1:54	25	3:35	22.75	1:55:40	5:05	3	17:12	30	26:14
00 8	3.25	16:59	5:13	4	1:55	25	3:54	26.00	2:12:39	5:06	3	19:07	28	30:08
00 9	3.25	17:18	5:19	7	2:03	30	3:43	29.25	2:29:57	5:07	3	21:10	27	33:51
00 10	3.25	17:54	5:30	7	2:23	34	3:47	32.50	2:47:51	5:09	3	23:33	27	37:38
00 11	3.25	19:22	5:57	8	3:44	49	5:25	35.75	3:07:13	5:14	4	27:17	31	43:03
00 12	3.25	19:05	5:52	7	3:19	41	5:03	39.00	3:26:18	5:17	6	30:36	33	48:06
000 00	3.25	18:15	5:36	6	2:47	35	3:24	42.25	3:44:33	5:18	6	33:23	33	51:30