



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Ledig, Michael

00: SV 1885 Teutschenthal e.V.

00: 576

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:49:41

00: 10.97 km/h

0000: 5:26 min/km

00000/000: 42 (of 119)

00000/0: 40 (of 107)

000000: 2:53:03

00000: 5(of 10)

0000000: 2:59:21

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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	13:58	4:17	3	2:09	15	2:09	3.25	13:58	4:17	3	2:09	15	2:09
00 2	3.25	14:59	4:36	3	2:19	17	2:19	6.50	28:57	4:27	3	4:28	17	4:28
00 3	3.25	15:24	4:44	3	2:40	19	2:53	9.75	44:21	4:32	3	7:08	17	7:08
00 4	3.25	15:25	4:44	3	2:38	18	2:46	13.00	59:46	4:35	3	9:46	18	9:46
00 5	3.25	15:35	4:47	3	2:38	19	2:38	16.25	1:15:21	4:38	3	12:24	17	12:24
00 6	3.25	16:09	4:58	4	2:57	20	3:03	19.50	1:31:30	4:41	3	15:21	17	15:21
00 7	3.25	17:28	5:22	5	4:11	42	4:24	22.75	1:48:58	4:47	3	19:32	21	19:32
00 8	3.25	18:35	5:43	8	5:22	55	5:30	26.00	2:07:33	4:54	4	24:54	23	25:02
00 9	3.25	19:59	6:08	6	6:08	61	6:24	29.25	2:27:32	5:02	5	31:02	24	31:26
00 10	3.25	21:08	6:30	8	5:33	72	7:01	32.50	2:48:40	5:11	5	36:16	30	38:27
00 11	3.25	19:27	5:59	7	4:54	50	5:30	35.75	3:08:07	5:15	5	41:10	35	43:57
00 12	3.25	20:32	6:19	7	4:50	56	6:30	39.00	3:28:39	5:21	5	46:00	38	50:27
000 00	3.25	21:02	6:28	7	4:21	56	6:11	42.25	3:49:41	5:26	5	50:20	40	56:38