



# 10. Kristall-Marathon

Merkers / 14.02.2016

0000

Müller, Martin

00: MGGW

00: 593

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:50:29

00: 11.00 km/h

0000: 5:28 min/km

00000/000: 43 (of 119)

00000/0: 41 (of 107)

000000: 2:53:03

00000: 6(of 10)

0000000: 2:59:21

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	15:44	4:50	5	3:55	34	3:55	3.25	15:44	4:50	5	3:55	34	3:55
00 2	3.25	16:00	4:55	6	3:20	28	3:20	6.50	31:44	4:52	5	7:15	31	7:15
00 3	3.25	16:17	5:00	6	3:33	30	3:46	9.75	48:01	4:55	6	10:48	29	10:48
00 4	3.25	16:45	5:09	6	3:58	38	4:06	13.00	1:04:46	4:58	6	14:46	29	14:46
00 5	3.25	17:01	5:14	6	4:04	40	4:04	16.25	1:21:47	5:01	6	18:50	30	18:50
00 6	3.25	17:42	5:26	7	4:30	54	4:36	19.50	1:39:29	5:06	6	23:20	35	23:20
00 7	3.25	17:41	5:26	7	4:24	46	4:37	22.75	1:57:10	5:09	6	27:44	38	27:44
00 8	3.25	18:27	5:40	7	5:14	52	5:22	26.00	2:15:37	5:12	6	32:58	40	33:06
00 9	3.25	21:00	6:27	7	7:09	77	7:25	29.25	2:36:37	5:21	7	40:07	44	40:31
00 10	3.25	18:50	5:47	7	3:15	46	4:43	32.50	2:55:27	5:23	7	43:03	44	45:14
00 11	3.25	18:31	5:41	5	3:58	35	4:34	35.75	3:13:58	5:25	7	47:01	43	49:48
00 12	3.25	18:35	5:43	5	2:53	28	4:33	39.00	3:32:33	5:27	7	49:54	43	54:21
000 00	3.25	17:56	5:31	4	1:15	30	3:05	42.25	3:50:29	5:27	6	51:08	41	57:26