



10. Kristall-Marathon

Merkers / 14.02.2016

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Schwarz, Christian

□□: Ronsdorfer SG

□□: 631

□□: 42.25 km

Marathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 3:51:08

□□: 10.90 km/h

□□□□: 5:28 min/km

□□□□□/□□□: 44 (of 119)

□□□□□/□: 42 (of 107)

□□□□□□: 2:53:03

□□□□□: 7(of 10)

□□□□□□□: 2:59:21

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:44	5:08	7	4:55	48	4:55	3.25	16:44	5:08	7	4:55	48	4:55	
□□ 2	3.25	17:00	5:13	7	4:20	50	4:20	6.50	33:44	5:11	7	9:15	50	9:15	
□□ 3	3.25	17:15	5:18	7	4:31	47	4:44	9.75	50:59	5:13	7	13:46	48	13:46	
□□ 4	3.25	16:57	5:12	7	4:10	44	4:18	13.00	1:07:56	5:13	7	17:56	47	17:56	
□□ 5	3.25	17:06	5:15	7	4:09	41	4:09	16.25	1:25:02	5:13	7	22:05	47	22:05	
□□ 6	3.25	17:09	5:16	6	3:57	41	4:03	19.50	1:42:11	5:14	7	26:02	46	26:02	
□□ 7	3.25	17:28	5:22	5	4:11	42	4:24	22.75	1:59:39	5:15	7	30:13	44	30:13	
□□ 8	3.25	17:32	5:23	5	4:19	35	4:27	26.00	2:17:11	5:16	7	34:32	43	34:40	
□□ 9	3.25	17:43	5:27	5	3:52	34	4:08	29.25	2:34:54	5:17	6	38:24	42	38:48	
□□ 10	3.25	18:19	5:38	6	2:44	41	4:12	32.50	2:53:13	5:19	6	40:49	42	43:00	
□□ 11	3.25	18:33	5:42	6	4:00	37	4:36	35.75	3:11:46	5:21	6	44:49	42	47:36	
□□ 12	3.25	19:35	6:01	6	3:53	47	5:33	39.00	3:31:21	5:25	6	48:42	42	53:09	
□□□ □□	3.25	19:47	6:05	6	3:06	51	4:56	42.25	3:51:08	5:28	7	51:47	42	58:05	