



# 10. Kristall-Marathon

Merkers / 14.02.2016

0000

Locherer, Christoph

00: SV Birkenhard

00: 580

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:52:11

00: 10.92 km/h

0000: 5:30 min/km

00000/000: 46 (of 119)

00000/0: 44 (of 107)

000000: 2:53:03

00000: 11(of 24)

0000000: 3:08:05

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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	15:45	4:50	7	2:37	35	3:56	3.25	15:45	4:50	7	2:37	35	3:56
00 2	3.25	16:18	5:00	9	2:29	37	3:38	6.50	32:03	4:55	7	5:00	35	7:34
00 3	3.25	18:23	5:39	16	4:45	74	5:52	9.75	50:26	5:10	11	9:36	46	13:13
00 4	3.25	16:54	5:11	9	3:10	41	4:15	13.00	1:07:20	5:10	11	12:46	46	17:20
00 5	3.25	16:44	5:08	7	2:54	32	3:47	16.25	1:24:04	5:10	10	15:40	45	21:07
00 6	3.25	17:12	5:17	9	3:03	42	4:06	19.50	1:41:16	5:11	10	18:43	44	25:07
00 7	3.25	19:15	5:55	16	5:10	74	6:11	22.75	2:00:31	5:17	10	23:53	47	31:05
00 8	3.25	17:38	5:25	9	2:47	37	4:33	26.00	2:18:09	5:18	10	26:34	45	35:38
00 9	3.25	17:55	5:30	9	3:01	37	4:20	29.25	2:36:04	5:20	10	29:29	43	39:58
00 10	3.25	18:05	5:33	10	2:46	37	3:58	32.50	2:54:09	5:21	10	32:15	43	43:56
00 11	3.25	20:30	6:18	15	5:17	58	6:33	35.75	3:14:39	5:26	10	37:32	44	50:29
00 12	3.25	18:40	5:44	8	2:55	32	4:38	39.00	3:33:19	5:28	10	40:27	44	55:07
000 00	3.25	18:52	5:48	10	3:39	39	4:01	42.25	3:52:11	5:29	11	44:06	44	59:08