



10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

marcozzi, manrico

□□: luino

□□: 583

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:54:35

□□: 10.74 km/h

□□□□: 5:33 min/km

□□□□□/□□□: 49 (of 119)

□□□□□/□: 47 (of 107)

□□□□□□: 2:53:03

□□□□□: 12(of 24)

□□□□□□□: 3:08:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:18	5:00	9	3:10	42	4:29	3.25	16:18	5:00	9	3:10	42	4:29	
□□ 2	3.25	16:27	5:03	10	2:38	40	3:47	6.50	32:45	5:02	9	5:42	41	8:16	
□□ 3	3.25	16:59	5:13	10	3:21	46	4:28	9.75	49:44	5:06	10	8:54	44	12:31	
□□ 4	3.25	17:07	5:15	11	3:23	46	4:28	13.00	1:06:51	5:08	10	12:17	44	16:51	
□□ 5	3.25	17:49	5:28	12	3:59	59	4:52	16.25	1:24:40	5:12	11	16:16	46	21:43	
□□ 6	3.25	18:27	5:40	13	4:18	65	5:21	19.50	1:43:07	5:17	11	20:34	48	26:58	
□□ 7	3.25	18:13	5:36	11	4:08	55	5:09	22.75	2:01:20	5:19	11	24:42	49	31:54	
□□ 8	3.25	18:53	5:48	14	4:02	58	5:48	26.00	2:20:13	5:23	11	28:38	49	37:42	
□□ 9	3.25	18:38	5:44	13	3:44	49	5:03	29.25	2:38:51	5:25	12	32:16	48	42:45	
□□ 10	3.25	19:26	5:58	13	4:07	53	5:19	32.50	2:58:17	5:29	12	36:23	48	48:04	
□□ 11	3.25	19:31	6:00	12	4:18	51	5:34	35.75	3:17:48	5:31	12	40:41	48	53:38	
□□ 12	3.25	18:40	5:44	8	2:55	32	4:38	39.00	3:36:28	5:33	12	43:36	48	58:16	
□□□ □□	3.25	18:07	5:34	8	2:54	32	3:16	42.25	3:54:35	5:33	12	46:30	47	1:01:32	