



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Höppe, Markus

00: Altena

00: 551

00: 42.25 km

Marathon

0000:

Männer (20-29 Jahre)

000: 3:56:20

00: 10.73 km/h

0000: 5:35 min/km

00000/0000: 52 (of 119)

00000/0: 50 (of 107)

000000: 2:53:03

00000: 3(of 6)

0000000: 3:28:30

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	18:25	5:40	5	3:00	77	6:36	3.25	18:25	5:40	5	3:00	77	6:36
00 2	3.25	17:45	5:27	4	2:35	63	5:05	6.50	36:10	5:33	4	5:35	67	11:41
00 3	3.25	17:30	5:23	3	2:32	53	4:59	9.75	53:40	5:30	4	8:07	66	16:27
00 4	3.25	17:15	5:18	3	2:01	50	4:36	13.00	1:10:55	5:27	4	10:08	63	20:55
00 5	3.25	17:26	5:21	5	2:16	51	4:29	16.25	1:28:21	5:26	4	12:24	61	25:24
00 6	3.25	17:40	5:26	5	2:29	51	4:34	19.50	1:46:01	5:26	4	14:53	58	29:52
00 7	3.25	19:04	5:51	5	3:29	69	6:00	22.75	2:05:05	5:29	5	18:22	60	35:39
00 8	3.25	19:20	5:56	4	3:08	64	6:15	26.00	2:24:25	5:33	5	21:30	60	41:54
00 9	3.25	18:14	5:36	2	1:43	42	4:39	29.25	2:42:39	5:33	5	23:13	60	46:33
00 10	3.25	18:17	5:37	2	0:48	39	4:10	32.50	3:00:56	5:34	4	24:01	54	50:43
00 11	3.25	18:41	5:44	3	0:58	41	4:44	35.75	3:19:37	5:35	4	24:59	52	55:27
00 12	3.25	18:48	5:47	2	2:13	37	4:46	39.00	3:38:25	5:36	3	27:12	50	1:00:13
000 00	3.25	17:55	5:30	3	0:38	29	3:04	42.25	3:56:20	5:35	3	27:50	50	1:03:17