



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Müller, Frank

00: Alpecrosser

00: 592

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:04:19

00: 10.38 km/h

0000: 5:47 min/km

00000/0000: 59 (of 119)

00000/0: 56 (of 107)

000000: 2:53:03

00000: 4(of 9)

0000000: 3:07:39

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	19:19	5:56	8	6:55	93	7:30	3.25	19:19	5:56	8	6:55	93	7:30
00 2	3.25	19:15	5:55	9	5:58	88	6:35	6.50	38:34	5:56	8	12:53	91	14:05
00 3	3.25	18:18	5:37	7	4:37	70	5:47	9.75	56:52	5:49	8	17:30	85	19:39
00 4	3.25	18:18	5:37	7	4:30	68	5:39	13.00	1:15:10	5:46	7	21:57	80	25:10
00 5	3.25	17:14	5:18	4	3:05	45	4:17	16.25	1:32:24	5:41	7	25:02	76	29:27
00 6	3.25	17:20	5:19	4	3:11	43	4:14	19.50	1:49:44	5:37	6	28:04	68	33:35
00 7	3.25	17:52	5:29	4	3:29	49	4:48	22.75	2:07:36	5:36	6	31:24	67	38:10
00 8	3.25	20:09	6:11	8	5:37	76	7:04	26.00	2:27:45	5:40	7	36:33	70	45:14
00 9	3.25	17:51	5:29	4	3:16	36	4:16	29.25	2:45:36	5:39	6	39:29	62	49:30
00 10	3.25	18:37	5:43	5	3:27	44	4:30	32.50	3:04:13	5:40	5	42:56	60	54:00
00 11	3.25	20:27	6:17	5	4:35	57	6:30	35.75	3:24:40	5:43	4	47:31	59	1:00:30
00 12	3.25	19:43	6:03	5	4:36	50	5:41	39.00	3:44:23	5:45	4	52:07	58	1:06:11
000 00	3.25	19:56	6:08	5	4:33	52	5:05	42.25	4:04:19	5:46	4	56:40	56	1:11:16