



10. Kristall-Marathon

Merkers / 14.02.2016

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Stadtherr, Andreas

□□: Lauffreunde Benteler

□□: 634

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:11:19

□□: 10.09 km/h

□□□□: 5:57 min/km

□□□□□/□□□: 68 (of 119)

□□□□□/□: 63 (of 107)

□□□□□□: 2:53:03

□□□□□: 14(of 24)

□□□□□□□: 3:08:05

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:00	5:13	12	3:52	55	5:11	3.25	17:00	5:13	12	3:52	55	5:11	
□□ 2	3.25	17:44	5:27	14	3:55	62	5:04	6.50	34:44	5:20	14	7:41	58	10:15	
□□ 3	3.25	17:57	5:31	13	4:19	60	5:26	9.75	52:41	5:24	14	11:51	59	15:28	
□□ 4	3.25	18:00	5:32	13	4:16	61	5:21	13.00	1:10:41	5:26	14	16:07	61	20:41	
□□ 5	3.25	18:26	5:40	14	4:36	69	5:29	16.25	1:29:07	5:29	14	20:43	64	26:10	
□□ 6	3.25	18:45	5:46	15	4:36	71	5:39	19.50	1:47:52	5:31	14	25:19	65	31:43	
□□ 7	3.25	18:43	5:45	13	4:38	62	5:39	22.75	2:06:35	5:33	14	29:57	64	37:09	
□□ 8	3.25	19:17	5:56	15	4:26	63	6:12	26.00	2:25:52	5:36	13	34:17	63	43:21	
□□ 9	3.25	20:12	6:12	15	5:18	65	6:37	29.25	2:46:04	5:40	14	39:29	64	49:58	
□□ 10	3.25	20:34	6:19	16	5:15	62	6:27	32.50	3:06:38	5:44	14	44:44	67	56:25	
□□ 11	3.25	20:10	6:12	14	4:57	55	6:13	35.75	3:26:48	5:47	14	49:41	63	1:02:38	
□□ 12	3.25	21:37	6:39	17	5:52	62	7:35	39.00	3:48:25	5:51	14	55:33	63	1:10:13	
□□□ □□	3.25	22:54	7:02	21	7:41	80	8:03	42.25	4:11:19	5:56	14	1:03:14	63	1:18:16	