



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Sziburis, Sven

00: Beuna

00: 640

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:16:51

00: 9.81 km/h

0000: 6:05 min/km

00000/0000: 75 (of 119)

00000/0: 69 (of 107)

000000: 2:53:03

00000: 16(of 24)

0000000: 3:08:05

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	17:36	5:24	15	4:28	65	5:47	3.25	17:36	5:24	15	4:28	65	5:47
00 2	3.25	18:19	5:38	15	4:30	69	5:39	6.50	35:55	5:31	15	8:52	66	11:26
00 3	3.25	19:09	5:53	18	5:31	83	6:38	9.75	55:04	5:38	16	14:14	72	17:51
00 4	3.25	18:42	5:45	17	4:58	76	6:03	13.00	1:13:46	5:40	17	19:12	75	23:46
00 5	3.25	19:15	5:55	17	5:25	79	6:18	16.25	1:33:01	5:43	17	24:37	77	30:04
00 6	3.25	19:21	5:57	19	5:12	82	6:15	19.50	1:52:22	5:45	17	29:49	77	36:13
00 7	3.25	19:24	5:58	18	5:19	78	6:20	22.75	2:11:46	5:47	17	35:08	77	42:20
00 8	3.25	19:53	6:07	17	5:02	70	6:48	26.00	2:31:39	5:49	17	40:04	77	49:08
00 9	3.25	20:23	6:16	18	5:29	68	6:48	29.25	2:52:02	5:52	17	45:27	77	55:56
00 10	3.25	20:50	6:24	18	5:31	67	6:43	32.50	3:12:52	5:56	16	50:58	72	1:02:39
00 11	3.25	21:05	6:29	17	5:52	63	7:08	35.75	3:33:57	5:59	17	56:50	72	1:09:47
00 12	3.25	21:09	6:30	15	5:24	60	7:07	39.00	3:55:06	6:01	16	1:02:14	71	1:16:54
000 00	3.25	21:45	6:41	16	6:32	61	6:54	42.25	4:16:51	6:04	16	1:08:46	69	1:23:48