



# 10. Kristall-Marathon

Merkers / 14.02.2016

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Diepenbrock, Thomas

□□: Northwood Runners

□□: 520

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:22:32

□□: 9.60 km/h

□□□□: 6:13 min/km

□□□□□/□□□: 85 (of 119)

□□□□□/□: 78 (of 107)

□□□□□□: 2:53:03

□□□□□: 11(of 16)

□□□□□□□: 3:11:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:01	5:14	9	3:40	57	5:12	3.25	17:01	5:14	9	3:40	57	5:12	
□□ 2	3.25	17:41	5:26	11	3:56	61	5:01	6.50	34:42	5:20	9	7:36	57	10:13	
□□ 3	3.25	18:19	5:38	11	4:24	71	5:48	9.75	53:01	5:26	11	12:00	63	15:48	
□□ 4	3.25	18:44	5:45	12	4:39	77	6:05	13.00	1:11:45	5:31	11	16:39	67	21:45	
□□ 5	3.25	18:28	5:40	11	4:18	72	5:31	16.25	1:30:13	5:33	11	20:57	66	27:16	
□□ 6	3.25	19:17	5:56	12	4:50	81	6:11	19.50	1:49:30	5:36	11	25:47	67	33:21	
□□ 7	3.25	20:07	6:11	12	5:22	84	7:03	22.75	2:09:37	5:41	11	31:09	74	40:11	
□□ 8	3.25	20:54	6:25	12	5:50	84	7:49	26.00	2:30:31	5:47	11	36:59	75	48:00	
□□ 9	3.25	20:37	6:20	11	5:22	72	7:02	29.25	2:51:08	5:51	11	42:21	74	55:02	
□□ 10	3.25	21:49	6:42	10	6:18	77	7:42	32.50	3:12:57	5:56	11	48:39	74	1:02:44	
□□ 11	3.25	21:14	6:31	10	5:36	64	7:17	35.75	3:34:11	5:59	11	54:15	74	1:10:01	
□□ 12	3.25	24:04	7:24	12	8:18	92	10:02	39.00	3:58:15	6:06	11	1:02:33	75	1:20:03	
□□□ □□	3.25	24:17	7:28	12	8:49	92	9:26	42.25	4:22:32	6:12	11	1:11:22	78	1:29:29	