



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Reinhard-Miltz, Gerhard

00: 100 Marathon Club

00: 610

00: 42.25 km

Marathon

0000:

Senioren M60 (60-64 Jahre)

000: 4:28:21

00: 9.45 km/h

0000: 6:21 min/km

00000/000: 88 (of 119)

00000/0: 81 (of 107)

000000: 2:53:03

00000: 2(of 6)

0000000: 3:54:42

0000

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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	18:42	5:45	2	1:57	84	6:53	3.25	18:42	5:45	2	1:57	84	6:53
00 2	3.25	19:50	6:06	2	2:53	94	7:10	6.50	38:32	5:55	2	4:50	89	14:03
00 3	3.25	20:20	6:15	2	2:48	94	7:49	9.75	58:52	6:02	2	7:38	92	21:39
00 4	3.25	20:45	6:23	2	3:05	96	8:06	13.00	1:19:37	6:07	2	10:43	93	29:37
00 5	3.25	20:35	6:19	2	3:05	93	7:38	16.25	1:40:12	6:09	2	13:48	91	37:15
00 6	3.25	18:42	5:45	2	0:59	69	5:36	19.50	1:58:54	6:05	2	14:47	88	42:45
00 7	3.25	18:52	5:48	2	1:02	68	5:48	22.75	2:17:46	6:03	2	15:49	85	48:20
00 8	3.25	19:47	6:05	2	1:40	69	6:42	26.00	2:37:33	6:03	2	17:29	83	55:02
00 9	3.25	20:40	6:21	2	1:39	74	7:05	29.25	2:58:13	6:05	2	19:08	84	1:02:07
00 10	3.25	21:37	6:39	2	3:15	75	7:30	32.50	3:19:50	6:08	2	22:23	84	1:09:37
00 11	3.25	22:23	6:53	3	3:47	81	8:26	35.75	3:42:13	6:12	2	26:10	85	1:18:03
00 12	3.25	22:30	6:55	3	3:11	78	8:28	39.00	4:04:43	6:16	2	29:21	82	1:26:31
000 00	3.25	23:38	7:16	3	4:18	83	8:47	42.25	4:28:21	6:21	2	33:39	81	1:35:18