



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Amthor, Markus

00: Rudolstadt

00: 500

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:28:32

00: 9.38 km/h

0000: 6:22 min/km

00000/000: 90 (of 119)

00000/0: 82 (of 107)

000000: 2:53:03

00000: 9(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	18:34	5:42	6	6:10	81	6:45	3.25	18:34	5:42	6	6:10	81	6:45
00 2	3.25	19:03	5:51	8	5:46	84	6:23	6.50	37:37	5:47	7	11:56	84	13:08
00 3	3.25	18:37	5:43	9	4:56	77	6:06	9.75	56:14	5:46	7	16:52	81	19:01
00 4	3.25	18:58	5:50	8	5:10	79	6:19	13.00	1:15:12	5:47	8	21:59	81	25:12
00 5	3.25	19:33	6:00	8	5:24	81	6:36	16.25	1:34:45	5:49	8	27:23	81	31:48
00 6	3.25	18:56	5:49	8	4:47	74	5:50	19.50	1:53:41	5:49	8	32:01	81	37:32
00 7	3.25	19:16	5:55	8	4:53	75	6:12	22.75	2:12:57	5:50	8	36:45	81	43:31
00 8	3.25	20:10	6:12	9	5:38	77	7:05	26.00	2:33:07	5:53	8	41:55	81	50:36
00 9	3.25	21:46	6:41	8	7:11	86	8:11	29.25	2:54:53	5:58	8	48:46	81	58:47
00 10	3.25	22:10	6:49	7	7:00	82	8:03	32.50	3:17:03	6:03	8	55:46	80	1:06:50
00 11	3.25	24:01	7:23	8	8:09	94	10:04	35.75	3:41:04	6:11	9	1:03:55	83	1:16:54
00 12	3.25	24:50	7:38	8	9:43	94	10:48	39.00	4:05:54	6:18	9	1:13:38	84	1:27:42
000 00	3.25	22:38	6:57	8	7:15	75	7:47	42.25	4:28:32	6:21	9	1:20:53	82	1:35:29