



10. Kristall-Marathon

Merkers / 14.02.2016

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Spitzler, Olaf

□□: Skiclub Flieden

□□: 511

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:37:06

□□: 9.09 km/h

□□□□: 6:34 min/km

□□□□□/□□□: 99 (of 119)

□□□□□/□: 91 (of 107)

□□□□□□: 2:53:03

□□□□□: 23(of 24)

□□□□□□□: 3:08:05

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:28	6:17	24	7:20	103	8:39	3.25	20:28	6:17	24	7:20	103	8:39	
□□ 2	3.25	20:52	6:25	24	7:03	101	8:12	6.50	41:20	6:21	24	14:17	102	16:51	
□□ 3	3.25	20:47	6:23	22	7:09	100	8:16	9.75	1:02:07	6:22	24	21:17	102	24:54	
□□ 4	3.25	21:08	6:30	23	7:24	99	8:29	13.00	1:23:15	6:24	24	28:41	102	33:15	
□□ 5	3.25	21:22	6:34	23	7:32	99	8:25	16.25	1:44:37	6:26	24	36:13	102	41:40	
□□ 6	3.25	21:28	6:36	23	7:19	94	8:22	19.50	2:06:05	6:27	24	43:32	102	49:56	
□□ 7	3.25	21:22	6:34	22	7:17	93	8:18	22.75	2:27:27	6:28	24	50:49	100	58:01	
□□ 8	3.25	21:08	6:30	21	6:17	86	8:03	26.00	2:48:35	6:29	24	57:00	99	1:06:04	
□□ 9	3.25	21:05	6:29	22	6:11	80	7:30	29.25	3:09:40	6:29	24	1:03:05	98	1:13:34	
□□ 10	3.25	21:35	6:38	20	6:16	74	7:28	32.50	3:31:15	6:30	24	1:09:21	98	1:21:02	
□□ 11	3.25	21:58	6:45	20	6:45	76	8:01	35.75	3:53:13	6:31	24	1:16:06	96	1:29:03	
□□ 12	3.25	22:19	6:51	19	6:34	73	8:17	39.00	4:15:32	6:33	24	1:22:40	94	1:37:20	
□□□ □□	3.25	21:34	6:38	15	6:21	58	6:43	42.25	4:37:06	6:33	23	1:29:01	91	1:44:03	