



10. Kristall-Marathon

Merkers / 14.02.2016

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Weigert, Matthias

□□: GMRLV

□□: 651

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:40:02

□□: 9.00 km/h

□□□□: 6:38 min/km

□□□□□/□□□□: 103 (of 119)

□□□□□/□: 95 (of 107)

□□□□□□: 2:53:03

□□□□□: 8(of 10)

□□□□□□□: 3:23:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:10	5:35	7	4:30	74	6:21	3.25	18:10	5:35	7	4:30	74	6:21
□□ 2	3.25	18:43	5:45	6	3:59	77	6:03	6.50	36:53	5:40	7	8:28	75	12:24
□□ 3	3.25	19:30	6:00	8	4:57	87	6:59	9.75	56:23	5:46	7	13:05	83	19:10
□□ 4	3.25	20:27	6:17	10	6:05	92	7:48	13.00	1:16:50	5:54	7	19:10	85	26:50
□□ 5	3.25	20:13	6:13	8	5:59	87	7:16	16.25	1:37:03	5:58	8	25:09	87	34:06
□□ 6	3.25	20:54	6:25	10	6:14	92	7:48	19.50	1:57:57	6:02	8	31:23	87	41:48
□□ 7	3.25	22:12	6:49	10	7:30	99	9:08	22.75	2:20:09	6:09	8	38:53	88	50:43
□□ 8	3.25	22:13	6:50	10	7:07	97	9:08	26.00	2:42:22	6:14	9	46:00	92	59:51
□□ 9	3.25	22:07	6:48	9	6:57	93	8:32	29.25	3:04:29	6:18	8	52:57	91	1:08:23
□□ 10	3.25	22:57	7:03	9	6:36	90	8:50	32.50	3:27:26	6:22	9	59:33	93	1:17:13
□□ 11	3.25	23:39	7:16	8	5:30	89	9:42	35.75	3:51:05	6:27	9	1:05:03	93	1:26:55
□□ 12	3.25	23:44	7:18	9	5:12	88	9:42	39.00	4:14:49	6:32	9	1:09:53	93	1:36:37
□□□ □□	3.25	25:13	7:45	8	7:32	96	10:22	42.25	4:40:02	6:37	8	1:16:08	95	1:46:59