



# 10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Rudolph, André

□□: CHAKRA TEAM Cottbus

□□: 618

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:44:58

□□: 8.84 km/h

□□□□: 6:44 min/km

□□□□□/□□□□: 107 (of 119)

□□□□□/□: 99 (of 107)

□□□□□□: 2:53:03

□□□□□: 10(of 10)

□□□□□□□: 3:23:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:37	6:02	10	5:57	97	7:48	3.25	19:37	6:02	10	5:57	97	7:48	
□□ 2	3.25	20:08	6:11	10	5:24	96	7:28	6.50	39:45	6:06	10	11:20	97	15:16	
□□ 3	3.25	20:02	6:09	9	5:29	90	7:31	9.75	59:47	6:07	10	16:29	96	22:34	
□□ 4	3.25	20:07	6:11	8	5:45	88	7:28	13.00	1:19:54	6:08	10	22:14	95	29:54	
□□ 5	3.25	20:40	6:21	10	6:26	95	7:43	16.25	1:40:34	6:11	10	28:40	93	37:37	
□□ 6	3.25	20:15	6:13	8	5:35	87	7:09	19.50	2:00:49	6:11	9	34:15	91	44:40	
□□ 7	3.25	20:36	6:20	7	5:54	86	7:32	22.75	2:21:25	6:12	9	40:09	92	51:59	
□□ 8	3.25	20:41	6:21	7	5:35	83	7:36	26.00	2:42:06	6:14	8	45:44	91	59:35	
□□ 9	3.25	21:42	6:40	8	6:32	83	8:07	29.25	3:03:48	6:17	7	52:16	88	1:07:42	
□□ 10	3.25	22:31	6:55	8	6:10	86	8:24	32.50	3:26:19	6:20	7	58:26	89	1:16:06	
□□ 11	3.25	23:10	7:07	7	5:01	86	9:13	35.75	3:49:29	6:25	7	1:03:27	90	1:25:19	
□□ 12	3.25	22:56	7:03	7	4:24	82	8:54	39.00	4:12:25	6:28	8	1:07:29	90	1:34:13	
□□□ □□	3.25	32:33	10:00	10	14:52	107	17:42	42.25	4:44:58	6:44	10	1:21:04	99	1:51:55	