



10. Kristall-Marathon

Merkers / 14.02.2016

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Halvorsen, John

□□: SØAM

□□: 540

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:44:53

□□: 8.90 km/h

□□□□: 6:44 min/km

□□□□□/□□□: 106 (of 119)

□□□□□/□: 98 (of 107)

□□□□□□: 2:53:03

□□□□□: 9(of 10)

□□□□□□□: 3:23:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:29	5:59	9	5:49	94	7:40	3.25	19:29	5:59	9	5:49	94	7:40	
□□ 2	3.25	19:13	5:54	8	4:29	86	6:33	6.50	38:42	5:57	8	10:17	92	14:13	
□□ 3	3.25	19:20	5:56	7	4:47	84	6:49	9.75	58:02	5:57	8	14:44	90	20:49	
□□ 4	3.25	19:17	5:56	7	4:55	84	6:38	13.00	1:17:19	5:56	8	19:39	87	27:19	
□□ 5	3.25	19:35	6:01	7	5:21	83	6:38	16.25	1:36:54	5:57	7	25:00	85	33:57	
□□ 6	3.25	19:42	6:03	7	5:02	85	6:36	19.50	1:56:36	5:58	7	30:02	84	40:27	
□□ 7	3.25	20:37	6:20	8	5:55	87	7:33	22.75	2:17:13	6:01	7	35:57	84	47:47	
□□ 8	3.25	21:39	6:39	9	6:33	94	8:34	26.00	2:38:52	6:06	7	42:30	85	56:21	
□□ 9	3.25	26:01	8:00	10	10:51	106	12:26	29.25	3:04:53	6:19	9	53:21	92	1:08:47	
□□ 10	3.25	23:53	7:20	10	7:32	98	9:46	32.50	3:28:46	6:25	10	1:00:53	94	1:18:33	
□□ 11	3.25	25:39	7:53	10	7:30	101	11:42	35.75	3:54:25	6:33	10	1:08:23	97	1:30:15	
□□ 12	3.25	24:57	7:40	10	6:25	98	10:55	39.00	4:19:22	6:39	10	1:14:26	98	1:41:10	
□□□ □□	3.25	25:31	7:51	9	7:50	97	10:40	42.25	4:44:53	6:44	9	1:20:59	98	1:51:50	