



10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Dilling, Peter

□□: TriSchlumpfTeam

□□: 521

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:56:58

□□: 8.49 km/h

□□□□: 7:02 min/km

□□□□□/□□□: 112 (of 119)

□□□□□/□: 102 (of 107)

□□□□□□: 2:53:03

□□□□□: 15(of 16)

□□□□□□□: 3:11:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:44	5:45	15	5:23	85	6:55	3.25	18:44	5:45	15	5:23	85	6:55	
□□ 2	3.25	19:49	6:05	15	6:04	92	7:09	6.50	38:33	5:55	15	11:27	90	14:04	
□□ 3	3.25	20:09	6:11	16	6:14	92	7:38	9.75	58:42	6:01	15	17:41	91	21:29	
□□ 4	3.25	20:46	6:23	15	6:41	97	8:07	13.00	1:19:28	6:06	15	24:22	91	29:28	
□□ 5	3.25	21:25	6:35	15	7:15	100	8:28	16.25	1:40:53	6:12	16	31:37	95	37:56	
□□ 6	3.25	21:57	6:45	15	7:30	100	8:51	19.50	2:02:50	6:17	15	39:07	95	46:41	
□□ 7	3.25	22:45	7:00	15	8:00	101	9:41	22.75	2:25:35	6:23	15	47:07	98	56:09	
□□ 8	3.25	23:45	7:18	15	8:41	102	10:40	26.00	2:49:20	6:30	15	55:48	100	1:06:49	
□□ 9	3.25	24:07	7:25	14	8:52	99	10:32	29.25	3:13:27	6:36	15	1:04:40	100	1:17:21	
□□ 10	3.25	25:12	7:45	16	9:41	104	11:05	32.50	3:38:39	6:43	15	1:14:21	101	1:28:26	
□□ 11	3.25	26:10	8:03	15	10:32	102	12:13	35.75	4:04:49	6:50	16	1:24:53	103	1:40:39	
□□ 12	3.25	26:09	8:02	14	10:23	99	12:07	39.00	4:30:58	6:56	15	1:35:16	102	1:52:46	
□□□ □□	3.25	26:00	8:00	14	10:32	99	11:09	42.25	4:56:58	7:01	15	1:45:48	102	2:03:55	