



10. Kristall-Marathon

Merkers / 14.02.2016

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Tomaschewski, Ulrich

□□: 100 Marathon Club

□□: 642

□□: 42.25 km

Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 5:14:00

□□: 8.07 km/h

□□□□: 7:26 min/km

□□□□□/□□□□: 116 (of 119)

□□□□□/□: 104 (of 107)

□□□□□□: 2:53:03

□□□□□: 4(of 6)

□□□□□□□: 3:54:42

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	21:30	6:36	6	4:45	106	9:41	3.25	21:30	6:36	6	4:45	106	9:41	
□□ 2	3.25	22:54	7:02	6	5:57	107	10:14	6.50	44:24	6:49	6	10:42	106	19:55	
□□ 3	3.25	21:47	6:42	4	4:15	104	9:16	9.75	1:06:11	6:47	6	14:57	106	28:58	
□□ 4	3.25	22:47	7:00	6	5:07	106	10:08	13.00	1:28:58	6:50	6	20:04	106	38:58	
□□ 5	3.25	22:03	6:47	4	4:33	103	9:06	16.25	1:51:01	6:49	6	24:37	106	48:04	
□□ 6	3.25	22:33	6:56	4	4:50	102	9:27	19.50	2:13:34	6:50	6	29:27	106	57:25	
□□ 7	3.25	23:01	7:04	4	5:11	103	9:57	22.75	2:36:35	6:52	6	34:38	106	1:07:09	
□□ 8	3.25	24:18	7:28	4	6:11	104	11:13	26.00	3:00:53	6:57	6	40:49	106	1:18:22	
□□ 9	3.25	24:52	7:39	4	5:51	102	11:17	29.25	3:25:45	7:02	6	46:40	106	1:29:39	
□□ 10	3.25	25:06	7:43	4	6:44	103	10:59	32.50	3:50:51	7:06	4	53:24	104	1:40:38	
□□ 11	3.25	26:32	8:09	4	7:56	103	12:35	35.75	4:17:23	7:11	4	1:01:20	104	1:53:13	
□□ 12	3.25	29:25	9:03	6	10:06	107	15:23	39.00	4:46:48	7:21	4	1:11:26	104	2:08:36	
□□□ □□	3.25	27:12	8:22	4	7:52	102	12:21	42.25	5:14:00	7:25	4	1:19:18	104	2:20:57	