



11. Kristall-Marathon

Merkers / 12.02.2017

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LOCHERER, Christoph

□□: SV Birkenhard

□□: 261

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 1:48:34

□□: 12.16 km/h

□□□□: 4:46 min/km

□□□□□/□□□: 22 (of 149)

□□□□□/□: 22 (of 114)

□□□□□□: 1:27:11

□□□□□: 4(of 28)

□□□□□□□: 1:29:24

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 15:18 | 4:42 | 8 | 3:07 | 35 | 3:36 | 3.25 | 15:18 | 4:42 | 8 | 3:07 | 35 | 3:36 | |
| □□ 2 | 3.25 | 15:26 | 4:44 | 8 | 2:35 | 32 | 2:52 | 6.50 | 30:44 | 4:43 | 8 | 5:42 | 31 | 6:28 | |
| □□ 3 | 3.25 | 15:29 | 4:45 | 5 | 2:31 | 28 | 3:06 | 9.75 | 46:13 | 4:44 | 8 | 8:13 | 31 | 9:34 | |
| □□ 4 | 3.25 | 15:37 | 4:48 | 5 | 2:54 | 27 | 3:04 | 13.00 | 1:01:50 | 4:45 | 8 | 11:07 | 31 | 12:38 | |
| □□ 5 | 3.25 | 15:31 | 4:46 | 3 | 2:41 | 17 | 2:49 | 16.25 | 1:17:21 | 4:45 | 5 | 13:48 | 27 | 15:27 | |
| □□ 6 | 3.25 | 15:35 | 4:47 | 3 | 2:42 | 17 | 2:42 | 19.50 | 1:32:56 | 4:45 | 4 | 16:30 | 24 | 18:08 | |
| □□□ □□ | 3.25 | 15:38 | 4:48 | 4 | 2:40 | 18 | 3:15 | 22.75 | 1:48:34 | 4:46 | 4 | 19:10 | 22 | 21:23 | |