



11. Kristall-Marathon

Merkers / 12.02.2017

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PFEIFER, Bernhard

□□: mach3 Köln e.V.

□□: 103

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:07:53

□□: 13.41 km/h

□□□□: 4:27 min/km

□□□□□/□□□□: 6 (of 110)

□□□□□□/□: 6 (of 100)

□□□□□□: 2:42:44

□□□□□: 1(of 26)

□□□□□□□: 3:07:53

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 13:04 | 4:01 | 1 | - | 6 | 1:51 | 3.25 | 13:04 | 4:01 | 1 | - | 6 | 1:51 |
| □□ 2 | 3.25 | 13:34 | 4:10 | 1 | - | 6 | 1:51 | 6.50 | 26:38 | 4:05 | 1 | - | 6 | 3:42 |
| □□ 3 | 3.25 | 13:50 | 4:15 | 1 | - | 6 | 1:38 | 9.75 | 40:28 | 4:09 | 1 | - | 6 | 5:20 |
| □□ 4 | 3.25 | 14:07 | 4:20 | 1 | - | 6 | 1:35 | 13.00 | 54:35 | 4:11 | 1 | - | 6 | 6:55 |
| □□ 5 | 3.25 | 14:02 | 4:19 | 1 | - | 6 | 1:18 | 16.25 | 1:08:37 | 4:13 | 1 | - | 6 | 8:13 |
| □□ 6 | 3.25 | 14:06 | 4:20 | 1 | - | 5 | 1:20 | 19.50 | 1:22:43 | 4:14 | 1 | - | 6 | 9:23 |
| □□ 7 | 3.25 | 14:14 | 4:22 | 1 | - | 6 | 1:41 | 22.75 | 1:36:57 | 4:15 | 1 | - | 6 | 11:04 |
| □□ 8 | 3.25 | 14:27 | 4:26 | 1 | - | 6 | 1:43 | 26.00 | 1:51:24 | 4:17 | 1 | - | 6 | 12:47 |
| □□ 9 | 3.25 | 14:28 | 4:27 | 1 | - | 5 | 1:40 | 29.25 | 2:05:52 | 4:18 | 1 | - | 5 | 14:27 |
| □□ 10 | 3.25 | 14:59 | 4:36 | 1 | - | 5 | 2:04 | 32.50 | 2:20:51 | 4:20 | 1 | - | 5 | 16:31 |
| □□ 11 | 3.25 | 15:01 | 4:37 | 1 | - | 5 | 2:01 | 35.75 | 2:35:52 | 4:21 | 1 | - | 5 | 18:32 |
| □□ 12 | 3.25 | 15:52 | 4:52 | 1 | - | 10 | 3:07 | 39.00 | 2:51:44 | 4:24 | 1 | - | 5 | 21:39 |
| □□□ □□ | 3.25 | 16:09 | 4:58 | 1 | - | 14 | 3:30 | 42.25 | 3:07:53 | 4:26 | 1 | - | 6 | 25:09 |