



11. Kristall-Marathon

Merkers / 12.02.2017

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HOHLS, Dominik

□□: Assel on the road!

□□: 54

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 3:21:30

□□: 12.51 km/h

□□□□: 4:46 min/km

□□□□□/□□□□: 11 (of 110)

□□□□□/□: 11 (of 100)

□□□□□□: 2:42:44

□□□□□: 3(of 16)

□□□□□□□: 2:42:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:00	4:36	5	3:47	22	3:47	3.25	15:00	4:36	5	3:47	22	3:47	
□□ 2	3.25	15:12	4:40	4	3:29	20	3:29	6.50	30:12	4:38	5	7:16	21	7:16	
□□ 3	3.25	15:36	4:47	5	3:24	22	3:24	9.75	45:48	4:41	5	10:40	21	10:40	
□□ 4	3.25	15:28	4:45	5	2:56	18	2:56	13.00	1:01:16	4:42	5	13:36	21	13:36	
□□ 5	3.25	15:34	4:47	5	2:50	17	2:50	16.25	1:16:50	4:43	5	16:26	19	16:26	
□□ 6	3.25	15:28	4:45	4	2:32	15	2:42	19.50	1:32:18	4:44	5	18:58	18	18:58	
□□ 7	3.25	15:14	4:41	4	2:41	12	2:41	22.75	1:47:32	4:43	5	21:39	17	21:39	
□□ 8	3.25	15:28	4:45	4	2:44	11	2:44	26.00	2:03:00	4:43	4	24:23	15	24:23	
□□ 9	3.25	15:23	4:44	3	2:35	8	2:35	29.25	2:18:23	4:43	4	26:58	14	26:58	
□□ 10	3.25	15:29	4:45	3	2:34	8	2:34	32.50	2:33:52	4:44	4	29:32	13	29:32	
□□ 11	3.25	16:00	4:55	3	3:00	12	3:00	35.75	2:49:52	4:45	4	32:32	12	32:32	
□□ 12	3.25	16:04	4:56	3	3:19	12	3:19	39.00	3:05:56	4:46	4	35:51	12	35:51	
□□□ □□	3.25	15:34	4:47	3	2:55	11	2:55	42.25	3:21:30	4:46	3	38:46	11	38:46	