



# 11. Kristall-Marathon

Merkers / 12.02.2017

0000

HELMERT, Christian

00: MTB-Weidatal-Racing

00: 49

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:30:16

00: 11.98 km/h

0000: 4:59 min/km

00000/0000: 15 (of 110)

00000/0: 15 (of 100)

000000: 2:42:44

00000: 2(of 26)

0000000: 3:07:53

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	3.25	13:36	4:11	2	0:32	8	2:23	3.25	13:36	4:11	2	0:32	8	2:23
00 2	3.25	14:13	4:22	2	0:39	11	2:30	6.50	27:49	4:16	2	1:11	8	4:53
00 3	3.25	14:39	4:30	3	0:49	13	2:27	9.75	42:28	4:21	2	2:00	11	7:20
00 4	3.25	14:51	4:34	3	0:44	14	2:19	13.00	57:19	4:24	2	2:44	11	9:39
00 5	3.25	14:52	4:34	3	0:50	13	2:08	16.25	1:12:11	4:26	2	3:34	11	11:47
00 6	3.25	15:04	4:38	3	0:58	13	2:18	19.50	1:27:15	4:28	2	4:32	11	13:55
00 7	3.25	15:36	4:47	3	1:22	15	3:03	22.75	1:42:51	4:31	2	5:54	12	16:58
00 8	3.25	15:57	4:54	3	1:30	15	3:13	26.00	1:58:48	4:34	2	7:24	11	20:11
00 9	3.25	16:47	5:09	4	2:19	20	3:59	29.25	2:15:35	4:38	2	9:43	12	24:10
00 10	3.25	17:15	5:18	3	2:16	18	4:20	32.50	2:32:50	4:42	2	11:59	12	28:30
00 11	3.25	18:18	5:37	5	3:17	26	5:18	35.75	2:51:08	4:47	2	15:16	13	33:48
00 12	3.25	19:14	5:55	8	3:22	32	6:29	39.00	3:10:22	4:52	2	18:38	13	40:17
000 00	3.25	19:54	6:07	12	3:45	48	7:15	42.25	3:30:16	4:58	2	22:23	15	47:32