



11. Kristall-Marathon

Merkers / 12.02.2017

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UHRICH, Ingmar

□□: Lauf Team Unna

□□: 135

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:39:49

□□: 11.46 km/h

□□□□: 5:12 min/km

□□□□□/□□□□: 21 (of 110)

□□□□□/□: 21 (of 100)

□□□□□□: 2:42:44

□□□□□: 1(of 11)

□□□□□□□: 3:39:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:01	5:14	3	1:08	51	5:48	3.25	17:01	5:14	3	1:08	51	5:48	
□□ 2	3.25	16:30	5:04	2	0:54	34	4:47	6.50	33:31	5:09	2	2:02	45	10:35	
□□ 3	3.25	16:29	5:04	2	0:37	35	4:17	9.75	50:00	5:07	2	2:39	36	14:52	
□□ 4	3.25	16:34	5:05	2	0:36	34	4:02	13.00	1:06:34	5:07	2	3:15	35	18:54	
□□ 5	3.25	17:01	5:14	2	0:45	34	4:17	16.25	1:23:35	5:08	2	4:00	36	23:11	
□□ 6	3.25	16:52	5:11	2	0:22	32	4:06	19.50	1:40:27	5:09	2	4:22	35	27:07	
□□ 7	3.25	18:19	5:38	4	1:54	53	5:46	22.75	1:58:46	5:13	2	6:16	36	32:53	
□□ 8	3.25	17:07	5:15	2	0:13	23	4:23	26.00	2:15:53	5:13	2	6:29	33	37:16	
□□ 9	3.25	16:56	5:12	1	-	22	4:08	29.25	2:32:49	5:13	2	6:03	33	41:24	
□□ 10	3.25	16:38	5:07	1	-	14	3:43	32.50	2:49:27	5:12	2	4:46	31	45:07	
□□ 11	3.25	17:12	5:17	2	0:12	18	4:12	35.75	3:06:39	5:13	2	2:46	29	49:19	
□□ 12	3.25	17:20	5:19	1	-	15	4:35	39.00	3:23:59	5:13	1	-	26	53:54	
□□□ □□	3.25	15:50	4:52	1	-	12	3:11	42.25	3:39:49	5:12	1	-	21	57:05	