



11. Kristall-Marathon

Merkers / 12.02.2017

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BECKER, Maik

□□: ACTREME Team

□□: 7

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:41:15

□□: 11.39 km/h

□□□□: 5:14 min/km

□□□□□/□□□: 23 (of 110)

□□□□□/□: 23 (of 100)

□□□□□□: 2:42:44

□□□□□: 6(of 26)

□□□□□□□: 3:07:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:18	4:42	9	2:14	25	4:05	3.25	15:18	4:42	9	2:14	25	4:05	
□□ 2	3.25	14:51	4:34	5	1:17	15	3:08	6.50	30:09	4:38	7	3:31	20	7:13	
□□ 3	3.25	15:08	4:39	5	1:18	16	2:56	9.75	45:17	4:38	7	4:49	20	10:09	
□□ 4	3.25	15:18	4:42	5	1:11	16	2:46	13.00	1:00:35	4:39	5	6:00	18	12:55	
□□ 5	3.25	15:14	4:41	4	1:12	16	2:30	16.25	1:15:49	4:39	5	7:12	17	15:25	
□□ 6	3.25	15:44	4:50	4	1:38	17	2:58	19.50	1:31:33	4:41	5	8:50	17	18:13	
□□ 7	3.25	16:43	5:08	8	2:29	26	4:10	22.75	1:48:16	4:45	5	11:19	18	22:23	
□□ 8	3.25	17:15	5:18	7	2:48	25	4:31	26.00	2:05:31	4:49	6	14:07	19	26:54	
□□ 9	3.25	17:34	5:24	7	3:06	27	4:46	29.25	2:23:05	4:53	6	17:13	19	31:40	
□□ 10	3.25	17:43	5:27	4	2:44	24	4:48	32.50	2:40:48	4:56	6	19:57	19	36:28	
□□ 11	3.25	19:48	6:05	15	4:47	48	6:48	35.75	3:00:36	5:03	6	24:44	20	43:16	
□□ 12	3.25	20:33	6:19	16	4:41	49	7:48	39.00	3:21:09	5:09	7	29:25	21	51:04	
□□□ □□	3.25	20:06	6:11	13	3:57	51	7:27	42.25	3:41:15	5:14	6	33:22	23	58:31	