



11. Kristall-Marathon

Merkers / 12.02.2017

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BORNACK, Olaf

□□: Halle

□□: 16

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:43:19

□□: 11.28 km/h

□□□□: 5:17 min/km

□□□□□/□□□: 28 (of 110)

□□□□□/□: 27 (of 100)

□□□□□□: 2:42:44

□□□□□: 9(of 26)

□□□□□□□: 3:07:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	14:22	4:25	5	1:18	14	3:09	3.25	14:22	4:25	5	1:18	14	3:09	
□□ 2	3.25	14:40	4:30	4	1:06	13	2:57	6.50	29:02	4:28	4	2:24	13	6:06	
□□ 3	3.25	14:45	4:32	4	0:55	14	2:33	9.75	43:47	4:29	4	3:19	13	8:39	
□□ 4	3.25	14:59	4:36	4	0:52	15	2:27	13.00	58:46	4:31	4	4:11	13	11:06	
□□ 5	3.25	15:34	4:47	5	1:32	17	2:50	16.25	1:14:20	4:34	4	5:43	15	13:56	
□□ 6	3.25	16:02	4:56	6	1:56	19	3:16	19.50	1:30:22	4:38	4	7:39	15	17:02	
□□ 7	3.25	16:05	4:56	6	1:51	19	3:32	22.75	1:46:27	4:40	4	9:30	15	20:34	
□□ 8	3.25	16:38	5:07	6	2:11	19	3:54	26.00	2:03:05	4:44	4	11:41	16	24:28	
□□ 9	3.25	16:51	5:11	5	2:23	21	4:03	29.25	2:19:56	4:47	4	14:04	17	28:31	
□□ 10	3.25	17:45	5:27	5	2:46	26	4:50	32.50	2:37:41	4:51	4	16:50	16	33:21	
□□ 11	3.25	18:51	5:48	7	3:50	31	5:51	35.75	2:56:32	4:56	5	20:40	17	39:12	
□□ 12	3.25	24:29	7:31	21	8:37	79	11:44	39.00	3:21:01	5:09	6	29:17	20	50:56	
□□□ □□	3.25	22:18	6:51	18	6:09	60	9:39	42.25	3:43:19	5:17	9	35:26	27	1:00:35	