



# 11. Kristall-Marathon

Merkers / 12.02.2017

0000

**LEDIG, Michael**

00: Sv 1885 Teutschenthal

00: 76

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 3:44:59

00: 11.20 km/h

0000: 5:20 min/km

00000/000: 30 (of 110)

00000/0: 29 (of 100)

000000: 2:42:44

00000: 6(of 16)

0000000: 2:42:44

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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 | 16:23 | 5:02   | 8  | 5:10 | 34 | 5:10 | 3.25  | 16:23   | 5:02   | 8  | 5:10    | 34 | 5:10    |
| 00 2   | 3.25 | 16:17 | 5:00   | 7  | 4:34 | 30 | 4:34 | 6.50  | 32:40   | 5:01   | 8  | 9:44    | 33 | 9:44    |
| 00 3   | 3.25 | 16:19 | 5:01   | 6  | 4:07 | 27 | 4:07 | 9.75  | 48:59   | 5:01   | 7  | 13:51   | 30 | 13:51   |
| 00 4   | 3.25 | 16:37 | 5:06   | 6  | 4:05 | 36 | 4:05 | 13.00 | 1:05:36 | 5:02   | 6  | 17:56   | 29 | 17:56   |
| 00 5   | 3.25 | 16:36 | 5:06   | 6  | 3:52 | 29 | 3:52 | 16.25 | 1:22:12 | 5:03   | 6  | 21:48   | 29 | 21:48   |
| 00 6   | 3.25 | 16:43 | 5:08   | 6  | 3:47 | 29 | 3:57 | 19.50 | 1:38:55 | 5:04   | 6  | 25:35   | 29 | 25:35   |
| 00 7   | 3.25 | 16:58 | 5:13   | 6  | 4:25 | 29 | 4:25 | 22.75 | 1:55:53 | 5:05   | 6  | 30:00   | 31 | 30:00   |
| 00 8   | 3.25 | 17:46 | 5:28   | 9  | 5:02 | 36 | 5:02 | 26.00 | 2:13:39 | 5:08   | 6  | 35:02   | 32 | 35:02   |
| 00 9   | 3.25 | 17:39 | 5:25   | 8  | 4:51 | 31 | 4:51 | 29.25 | 2:31:18 | 5:10   | 6  | 39:53   | 31 | 39:53   |
| 00 10  | 3.25 | 17:41 | 5:26   | 6  | 4:46 | 23 | 4:46 | 32.50 | 2:48:59 | 5:11   | 6  | 44:39   | 30 | 44:39   |
| 00 11  | 3.25 | 19:17 | 5:56   | 10 | 6:17 | 41 | 6:17 | 35.75 | 3:08:16 | 5:15   | 6  | 50:56   | 31 | 50:56   |
| 00 12  | 3.25 | 18:40 | 5:44   | 8  | 5:55 | 26 | 5:55 | 39.00 | 3:26:56 | 5:18   | 6  | 56:51   | 29 | 56:51   |
| 000 00 | 3.25 | 18:03 | 5:33   | 7  | 5:24 | 24 | 5:24 | 42.25 | 3:44:59 | 5:19   | 6  | 1:02:15 | 29 | 1:02:15 |