



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