



# 11. Kristall-Marathon

Merkers / 12.02.2017

0000

**RESPONDEK, Christian**

00: TSV Ginsheim

00: 109

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:49:54

00: 10.96 km/h

0000: 5:26 min/km

00000/000: 35 (of 110)

00000/0: 33 (of 100)

000000: 2:42:44

00000: 10(of 26)

0000000: 3:07:53

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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	14:14	4:22	4	1:10	13	3:01	3.25	14:14	4:22	4	1:10	13	3:01
00 2	3.25	14:59	4:36	6	1:25	18	3:16	6.50	29:13	4:29	5	2:35	14	6:17
00 3	3.25	15:31	4:46	7	1:41	21	3:19	9.75	44:44	4:35	5	4:16	17	9:36
00 4	3.25	15:59	4:55	7	1:52	23	3:27	13.00	1:00:43	4:40	6	6:08	19	13:03
00 5	3.25	17:36	5:24	11	3:34	43	4:52	16.25	1:18:19	4:49	7	9:42	21	17:55
00 6	3.25	18:37	5:43	21	4:31	71	5:51	19.50	1:36:56	4:58	8	14:13	26	23:36
00 7	3.25	17:31	5:23	10	3:17	36	4:58	22.75	1:54:27	5:01	8	17:30	27	28:34
00 8	3.25	18:08	5:34	10	3:41	42	5:24	26.00	2:12:35	5:05	9	21:11	30	33:58
00 9	3.25	18:35	5:43	11	4:07	43	5:47	29.25	2:31:10	5:10	10	25:18	30	39:45
00 10	3.25	18:35	5:43	9	3:36	34	5:40	32.50	2:49:45	5:13	10	28:54	32	45:25
00 11	3.25	19:37	6:02	12	4:36	45	6:37	35.75	3:09:22	5:17	10	33:30	32	52:02
00 12	3.25	19:17	5:56	10	3:25	35	6:32	39.00	3:28:39	5:21	10	36:55	32	58:34
000 00	3.25	21:15	6:32	17	5:06	58	8:36	42.25	3:49:54	5:26	10	42:01	33	1:07:10