



11. Kristall-Marathon

Merkers / 12.02.2017

0000

BELGERS, Twan

00: AV Cifla

00: 10

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 3:51:31

00: 10.88 km/h

0000: 5:29 min/km

00000/0000: 37 (of 110)

00000/0: 35 (of 100)

000000: 2:42:44

00000: 3(of 11)

0000000: 3:39:49

0000

0000

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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	17:38	5:25	5	1:45	72	6:25	3.25	17:38	5:25	5	1:45	72	6:25
00 2	3.25	18:10	5:35	5	2:34	78	6:27	6.50	35:48	5:30	5	4:19	73	12:52
00 3	3.25	18:28	5:40	3	2:36	73	6:16	9.75	54:16	5:33	5	6:55	72	19:08
00 4	3.25	18:37	5:43	4	2:39	72	6:05	13.00	1:12:53	5:36	5	9:34	72	25:13
00 5	3.25	17:58	5:31	4	1:42	61	5:14	16.25	1:30:51	5:35	4	11:16	70	30:27
00 6	3.25	18:02	5:32	4	1:32	58	5:16	19.50	1:48:53	5:35	4	12:48	68	35:33
00 7	3.25	18:11	5:35	3	1:46	48	5:38	22.75	2:07:04	5:35	4	14:34	68	41:11
00 8	3.25	17:36	5:24	3	0:42	30	4:52	26.00	2:24:40	5:33	4	15:16	62	46:03
00 9	3.25	17:32	5:23	3	0:36	26	4:44	29.25	2:42:12	5:32	4	15:26	57	50:47
00 10	3.25	17:16	5:18	2	0:38	19	4:21	32.50	2:59:28	5:31	4	14:47	46	55:08
00 11	3.25	17:00	5:13	1	-	17	4:00	35.75	3:16:28	5:29	3	12:35	38	59:08
00 12	3.25	17:37	5:25	2	0:17	17	4:52	39.00	3:34:05	5:29	3	10:06	37	1:04:00
000 00	3.25	17:26	5:21	2	1:36	20	4:47	42.25	3:51:31	5:28	3	11:42	35	1:08:47