



11. Kristall-Marathon

Merkers / 12.02.2017

0000

ENGEL, Andreas

00: Brandenburg

00: 30

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:55:05

00: 10.72 km/h

0000: 5:34 min/km

00000/000: 40 (of 110)

00000/0: 38 (of 100)

000000: 2:42:44

00000: 5(of 10)

0000000: 2:54:22

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	17:06	5:15	7	4:54	55	5:53	3.25	17:06	5:15	7	4:54	55	5:53
00 2	3.25	17:18	5:19	8	4:38	58	5:35	6.50	34:24	5:17	7	8:56	56	11:28
00 3	3.25	17:52	5:29	8	5:20	62	5:40	9.75	52:16	5:21	8	14:14	59	17:08
00 4	3.25	18:04	5:33	9	5:24	63	5:32	13.00	1:10:20	5:24	8	19:38	57	22:40
00 5	3.25	17:57	5:31	8	5:11	58	5:13	16.25	1:28:17	5:25	8	24:49	56	27:53
00 6	3.25	17:53	5:30	8	5:06	50	5:07	19.50	1:46:10	5:26	8	29:55	58	32:50
00 7	3.25	18:03	5:33	6	4:55	43	5:30	22.75	2:04:13	5:27	8	34:50	53	38:20
00 8	3.25	18:06	5:34	5	4:47	39	5:22	26.00	2:22:19	5:28	8	39:37	52	43:42
00 9	3.25	18:31	5:41	4	4:34	41	5:43	29.25	2:40:50	5:29	6	44:11	50	49:25
00 10	3.25	18:42	5:45	4	4:39	38	5:47	32.50	2:59:32	5:31	6	48:50	47	55:12
00 11	3.25	18:22	5:39	4	4:04	28	5:22	35.75	3:17:54	5:32	6	52:54	45	1:00:34
00 12	3.25	18:52	5:48	3	4:25	27	6:07	39.00	3:36:46	5:33	6	57:19	39	1:06:41
000 00	3.25	18:19	5:38	3	3:52	27	5:40	42.25	3:55:05	5:33	5	1:00:43	38	1:12:21