



# 11. Kristall-Marathon

Merkers / 12.02.2017

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AMTHOR, Markus

□□: Laufrausch Rudolstadt

□□: 2

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 3:56:07

□□: 10.67 km/h

□□□□: 5:35 min/km

□□□□□/□□□□: 43 (of 110)

□□□□□/□: 41 (of 100)

□□□□□□: 2:42:44

□□□□□: 9(of 16)

□□□□□□□: 2:42:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:19	5:19	11	6:06	63	6:06	3.25	17:19	5:19	11	6:06	63	6:06	
□□ 2	3.25	17:06	5:15	11	5:23	53	5:23	6.50	34:25	5:17	11	11:29	58	11:29	
□□ 3	3.25	16:43	5:08	8	4:31	41	4:31	9.75	51:08	5:14	10	16:00	49	16:00	
□□ 4	3.25	16:56	5:12	8	4:24	40	4:24	13.00	1:08:04	5:14	9	20:24	48	20:24	
□□ 5	3.25	17:08	5:16	7	4:24	36	4:24	16.25	1:25:12	5:14	8	24:48	43	24:48	
□□ 6	3.25	17:12	5:17	8	4:16	35	4:26	19.50	1:42:24	5:15	8	29:04	42	29:04	
□□ 7	3.25	17:17	5:19	7	4:44	32	4:44	22.75	1:59:41	5:15	7	33:48	39	33:48	
□□ 8	3.25	17:38	5:25	7	4:54	32	4:54	26.00	2:17:19	5:16	8	38:42	36	38:42	
□□ 9	3.25	18:13	5:36	9	5:25	36	5:25	29.25	2:35:32	5:19	8	44:07	36	44:07	
□□ 10	3.25	19:04	5:51	10	6:09	45	6:09	32.50	2:54:36	5:22	8	50:16	37	50:16	
□□ 11	3.25	19:48	6:05	11	6:48	48	6:48	35.75	3:14:24	5:26	8	57:04	36	57:04	
□□ 12	3.25	19:25	5:58	9	6:40	36	6:40	39.00	3:33:49	5:28	8	1:03:44	36	1:03:44	
□□□ □□	3.25	22:18	6:51	13	9:39	60	9:39	42.25	3:56:07	5:35	9	1:13:23	41	1:13:23	