



11. Kristall-Marathon

Merkers / 12.02.2017

0000

AMTHOR, Markus

00: Laufrausch Rudolstadt

00: 2

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 3:56:07

00: 10.67 km/h

0000: 5:35 min/km

00000/000: 43 (of 110)

00000/0: 41 (of 100)

000000: 2:42:44

00000: 9(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	17:19	5:19	11	6:06	63	6:06	3.25	17:19	5:19	11	6:06	63	6:06
00 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
00 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
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
00 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
00 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
00 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
00 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
00 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
00 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
00 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
00 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
000 00	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