



11. Kristall-Marathon

Merkers / 12.02.2017

0000

FLICK, Markus

00: SF Ennepetal

00: 35

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:56:34

00: 10.65 km/h

0000: 5:36 min/km

00000/000: 45 (of 110)

00000/0: 43 (of 100)

000000: 2:42:44

00000: 11(of 26)

0000000: 3:07:53

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	16:42	5:08	11	3:38	37	5:29	3.25	16:42	5:08	11	3:38	37	5:29
00 2	3.25	16:48	5:10	12	3:14	46	5:05	6.50	33:30	5:09	11	6:52	40	10:34
00 3	3.25	17:00	5:13	13	3:10	46	4:48	9.75	50:30	5:10	12	10:02	45	15:22
00 4	3.25	17:24	5:21	13	3:17	48	4:52	13.00	1:07:54	5:13	13	13:19	45	20:14
00 5	3.25	17:51	5:29	13	3:49	52	5:07	16.25	1:25:45	5:16	13	17:08	45	25:21
00 6	3.25	17:31	5:23	10	3:25	40	4:45	19.50	1:43:16	5:17	13	20:33	45	29:56
00 7	3.25	18:27	5:40	15	4:13	56	5:54	22.75	2:01:43	5:21	13	24:46	46	35:50
00 8	3.25	18:18	5:37	11	3:51	45	5:34	26.00	2:20:01	5:23	12	28:37	42	41:24
00 9	3.25	19:48	6:05	17	5:20	58	7:00	29.25	2:39:49	5:27	13	33:57	44	48:24
00 10	3.25	18:41	5:44	11	3:42	36	5:46	32.50	2:58:30	5:29	13	37:39	42	54:10
00 11	3.25	19:15	5:55	11	4:14	40	6:15	35.75	3:17:45	5:31	12	41:53	43	1:00:25
00 12	3.25	19:14	5:55	8	3:22	32	6:29	39.00	3:36:59	5:33	11	45:15	41	1:06:54
000 00	3.25	19:35	6:01	7	3:26	39	6:56	42.25	3:56:34	5:35	11	48:41	43	1:13:50