



11. Kristall-Marathon

Merkers / 12.02.2017

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KRETZSCHMAR, Manfred

□□□: 3:57:34

□□: Ichttershausen

□□: 10.61 km/h

□□: 72

□□□□: 5:37 min/km

□□: 42.25 km

□□□□□/□□□: 49 (of 110)

Marathon

□□□□□/□: 47 (of 100)

□□□□:

□□□□□: 1(of 2)

Senioren M65 (65-69 Jahre)

□□□□□□□: 3:57:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:12	4:59	1	-	29	4:59	3.25	16:12	4:59	1	-	29	4:59	
□□ 2	3.25	16:24	5:02	2	0:40	31	4:41	6.50	32:36	5:00	2	0:30	32	9:40	
□□ 3	3.25	16:23	5:02	2	0:38	28	4:11	9.75	48:59	5:01	2	1:08	30	13:51	
□□ 4	3.25	17:03	5:14	2	1:17	43	4:31	13.00	1:06:02	5:04	2	2:25	31	18:22	
□□ 5	3.25	16:55	5:12	2	0:48	32	4:11	16.25	1:22:57	5:06	2	3:13	30	22:33	
□□ 6	3.25	17:41	5:26	2	1:09	48	4:55	19.50	1:40:38	5:09	2	4:22	36	27:18	
□□ 7	3.25	17:43	5:27	2	0:26	37	5:10	22.75	1:58:21	5:12	2	4:48	35	32:28	
□□ 8	3.25	19:30	6:00	2	1:16	67	6:46	26.00	2:17:51	5:18	2	6:04	38	39:14	
□□ 9	3.25	19:17	5:56	1	-	51	6:29	29.25	2:37:08	5:22	2	5:34	38	45:43	
□□ 10	3.25	19:54	6:07	1	-	57	6:59	32.50	2:57:02	5:26	2	4:02	38	52:42	
□□ 11	3.25	20:34	6:19	1	-	55	7:34	35.75	3:17:36	5:31	2	2:00	42	1:00:16	
□□ 12	3.25	20:38	6:20	1	-	51	7:53	39.00	3:38:14	5:35	1	-	47	1:08:09	
□□□ □□	3.25	19:20	5:56	1	-	37	6:41	42.25	3:57:34	5:37	1	-	47	1:14:50	