



11. Kristall-Marathon

Merkers / 12.02.2017

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RÜPING, Uwe

□□: Lauf Team Unna

□□: 113

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:58:22

□□: 10.57 km/h

□□□□: 5:38 min/km

□□□□□/□□□□: 52 (of 110)

□□□□□/□: 49 (of 100)

□□□□□□: 2:42:44

□□□□□: 6(of 12)

□□□□□□□: 3:16:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:01	5:14	6	3:09	51	5:48	3.25	17:01	5:14	6	3:09	51	5:48	
□□ 2	3.25	16:29	5:04	3	2:25	33	4:46	6.50	33:30	5:09	4	5:34	40	10:34	
□□ 3	3.25	16:30	5:04	4	2:08	36	4:18	9.75	50:00	5:07	3	7:42	36	14:52	
□□ 4	3.25	16:35	5:06	4	2:15	35	4:03	13.00	1:06:35	5:07	3	9:57	36	18:55	
□□ 5	3.25	16:59	5:13	4	2:19	33	4:15	16.25	1:23:34	5:08	4	12:16	35	23:10	
□□ 6	3.25	17:18	5:19	5	2:05	36	4:32	19.50	1:40:52	5:10	4	14:21	37	27:32	
□□ 7	3.25	18:18	5:37	6	2:50	51	5:45	22.75	1:59:10	5:14	4	17:11	37	33:17	
□□ 8	3.25	18:24	5:39	6	3:11	49	5:40	26.00	2:17:34	5:17	4	20:22	37	38:57	
□□ 9	3.25	21:31	6:37	8	5:34	76	8:43	29.25	2:39:05	5:26	5	25:56	40	47:40	
□□ 10	3.25	19:23	5:57	6	3:11	47	6:28	32.50	2:58:28	5:29	5	29:07	41	54:08	
□□ 11	3.25	21:21	6:34	6	5:06	62	8:21	35.75	3:19:49	5:35	6	34:13	50	1:02:29	
□□ 12	3.25	20:00	6:09	5	4:08	45	7:15	39.00	3:39:49	5:38	6	38:21	50	1:09:44	
□□□ □□	3.25	18:33	5:42	3	3:13	31	5:54	42.25	3:58:22	5:38	6	41:34	49	1:15:38	