



11. Kristall-Marathon

Merkers / 12.02.2017

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KNAACK, Tobias

□□: FC St. Pauli Triathlon

□□: 68

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:59:20

□□: 10.53 km/h

□□□□: 5:40 min/km

□□□□□/□□□: 54 (of 110)

□□□□□/□: 51 (of 100)

□□□□□□: 2:42:44

□□□□□: 8(of 19)

□□□□□□□: 3:09:18

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:11	5:17	12	4:33	58	5:58	3.25	17:11	5:17	12	4:33	58	5:58	
□□ 2	3.25	16:56	5:12	12	3:26	48	5:13	6.50	34:07	5:14	12	7:59	53	11:11	
□□ 3	3.25	17:13	5:17	9	3:45	49	5:01	9.75	51:20	5:15	10	11:44	50	16:12	
□□ 4	3.25	17:35	5:24	9	4:01	51	5:03	13.00	1:08:55	5:18	10	15:45	52	21:15	
□□ 5	3.25	17:37	5:25	7	3:37	44	4:53	16.25	1:26:32	5:19	9	19:22	50	26:08	
□□ 6	3.25	17:54	5:30	8	3:25	53	5:08	19.50	1:44:26	5:21	9	22:18	50	31:06	
□□ 7	3.25	18:44	5:45	11	4:27	64	6:11	22.75	2:03:10	5:24	9	26:45	50	37:17	
□□ 8	3.25	19:09	5:53	11	4:24	63	6:25	26.00	2:22:19	5:28	9	30:59	52	43:42	
□□ 9	3.25	19:54	6:07	10	5:05	61	7:06	29.25	2:42:13	5:32	11	34:40	58	50:48	
□□ 10	3.25	19:51	6:06	10	4:46	56	6:56	32.50	3:02:04	5:36	11	38:30	56	57:44	
□□ 11	3.25	19:02	5:51	7	3:56	34	6:02	35.75	3:21:06	5:37	10	42:09	54	1:03:46	
□□ 12	3.25	19:26	5:58	8	4:09	37	6:41	39.00	3:40:32	5:39	8	46:07	52	1:10:27	
□□□ □□	3.25	18:48	5:47	8	4:39	33	6:09	42.25	3:59:20	5:39	8	50:02	51	1:16:36	