



11. Kristall-Marathon

Merkers / 12.02.2017

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LEMUTH, Matthias

□□: SV Metzels

□□: 77

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:59:32

□□: 10.52 km/h

□□□□: 5:40 min/km

□□□□□/□□□□: 57 (of 110)

□□□□□/□: 53 (of 100)

□□□□□□: 2:42:44

□□□□□: 9(of 19)

□□□□□□□: 3:09:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:16	5:18	14	4:38	60	6:03	3.25	17:16	5:18	14	4:38	60	6:03	
□□ 2	3.25	17:09	5:16	13	3:39	54	5:26	6.50	34:25	5:17	13	8:17	58	11:29	
□□ 3	3.25	18:52	5:48	16	5:24	83	6:40	9.75	53:17	5:27	14	13:41	68	18:09	
□□ 4	3.25	17:46	5:28	10	4:12	55	5:14	13.00	1:11:03	5:27	13	17:53	66	23:23	
□□ 5	3.25	17:51	5:29	10	3:51	52	5:07	16.25	1:28:54	5:28	12	21:44	65	28:30	
□□ 6	3.25	17:57	5:31	10	3:28	57	5:11	19.50	1:46:51	5:28	11	24:43	63	33:31	
□□ 7	3.25	18:08	5:34	8	3:51	47	5:35	22.75	2:04:59	5:29	10	28:34	59	39:06	
□□ 8	3.25	18:08	5:34	7	3:23	42	5:24	26.00	2:23:07	5:30	10	31:47	57	44:30	
□□ 9	3.25	18:41	5:44	7	3:52	44	5:53	29.25	2:41:48	5:31	9	34:15	55	50:23	
□□ 10	3.25	19:29	5:59	8	4:24	48	6:34	32.50	3:01:17	5:34	10	37:43	53	56:57	
□□ 11	3.25	19:35	6:01	9	4:29	44	6:35	35.75	3:20:52	5:37	9	41:55	52	1:03:32	
□□ 12	3.25	19:59	6:08	9	4:42	43	7:14	39.00	3:40:51	5:39	9	46:26	53	1:10:46	
□□□ □□	3.25	18:41	5:44	7	4:32	32	6:02	42.25	3:59:32	5:40	9	50:14	53	1:16:48	