



11. Kristall-Marathon

Merkers / 12.02.2017

0000

ZEULNER, Volker

00: TDM Bamberg

00: 149

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:01:52

00: 10.42 km/h

0000: 5:43 min/km

00000/0000: 58 (of 110)

00000/0: 54 (of 100)

000000: 2:42:44

00000: 16(of 26)

0000000: 3:07:53

0000

0000

000

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	16:13	4:59	10	3:09	30	5:00	3.25	16:13	4:59	10	3:09	30	5:00
00 2	3.25	15:46	4:51	10	2:12	27	4:03	6.50	31:59	4:55	10	5:21	28	9:03
00 3	3.25	16:26	5:03	11	2:36	32	4:14	9.75	48:25	4:57	10	7:57	28	13:17
00 4	3.25	17:20	5:19	12	3:13	47	4:48	13.00	1:05:45	5:03	10	11:10	30	18:05
00 5	3.25	17:46	5:28	12	3:44	50	5:02	16.25	1:23:31	5:08	10	14:54	34	23:07
00 6	3.25	18:52	5:48	22	4:46	73	6:06	19.50	1:42:23	5:15	12	19:40	41	29:03
00 7	3.25	18:53	5:48	18	4:39	66	6:20	22.75	2:01:16	5:19	12	24:19	44	35:23
00 8	3.25	19:25	5:58	21	4:58	66	6:41	26.00	2:20:41	5:24	13	29:17	46	42:04
00 9	3.25	19:55	6:07	19	5:27	62	7:07	29.25	2:40:36	5:29	14	34:44	48	49:11
00 10	3.25	20:03	6:10	19	5:04	58	7:08	32.50	3:00:39	5:33	14	39:48	52	56:19
00 11	3.25	20:21	6:15	18	5:20	54	7:21	35.75	3:21:00	5:37	14	45:08	53	1:03:40
00 12	3.25	20:28	6:17	15	4:36	47	7:43	39.00	3:41:28	5:40	16	49:44	55	1:11:23
000 00	3.25	20:24	6:16	15	4:15	53	7:45	42.25	4:01:52	5:43	16	53:59	54	1:19:08