



11. Kristall-Marathon

Merkers / 12.02.2017

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SCHARFENBERG, Jörg

□□: Herr

□□: 116

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:03:35

□□: 10.35 km/h

□□□□: 5:46 min/km

□□□□□/□□□: 60 (of 110)

□□□□□/□: 55 (of 100)

□□□□□□: 2:42:44

□□□□□: 17(of 26)

□□□□□□□: 3:07:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:39	5:44	23	5:35	83	7:26	3.25	18:39	5:44	23	5:35	83	7:26	
□□ 2	3.25	18:07	5:34	22	4:33	76	6:24	6.50	36:46	5:39	22	10:08	80	13:50	
□□ 3	3.25	18:34	5:42	22	4:44	78	6:22	9.75	55:20	5:40	21	14:52	78	20:12	
□□ 4	3.25	18:10	5:35	19	4:03	66	5:38	13.00	1:13:30	5:39	21	18:55	75	25:50	
□□ 5	3.25	17:57	5:31	17	3:55	58	5:13	16.25	1:31:27	5:37	20	22:50	73	31:03	
□□ 6	3.25	18:02	5:32	14	3:56	58	5:16	19.50	1:49:29	5:36	20	26:46	72	36:09	
□□ 7	3.25	18:17	5:37	13	4:03	50	5:44	22.75	2:07:46	5:36	20	30:49	70	41:53	
□□ 8	3.25	18:46	5:46	16	4:19	56	6:02	26.00	2:26:32	5:38	20	35:08	66	47:55	
□□ 9	3.25	18:25	5:40	10	3:57	39	5:37	29.25	2:44:57	5:38	20	39:05	66	53:32	
□□ 10	3.25	19:38	6:02	16	4:39	51	6:43	32.50	3:04:35	5:40	18	43:44	63	1:00:15	
□□ 11	3.25	19:40	6:03	13	4:39	46	6:40	35.75	3:24:15	5:42	18	48:23	59	1:06:55	
□□ 12	3.25	19:39	6:02	11	3:47	39	6:54	39.00	3:43:54	5:44	18	52:10	59	1:13:49	
□□□ □□	3.25	19:41	6:03	9	3:32	41	7:02	42.25	4:03:35	5:45	17	55:42	55	1:20:51	