



11. Kristall-Marathon

Merkers / 12.02.2017

0000

BERKENKAMP, Stefan

00: UARS Berlin

00: 11

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:04:46

00: 10.30 km/h

0000: 5:47 min/km

00000/000: 61 (of 110)

00000/0: 56 (of 100)

000000: 2:42:44

00000: 10(of 19)

0000000: 3:09:18

0000

0000

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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	16:53	5:11	7	4:15	43	5:40	3.25	16:53	5:11	7	4:15	43	5:40
00 2	3.25	16:35	5:06	7	3:05	39	4:52	6.50	33:28	5:08	7	7:20	37	10:32
00 3	3.25	16:35	5:06	6	3:07	38	4:23	9.75	50:03	5:07	8	10:27	39	14:55
00 4	3.25	16:25	5:03	5	2:51	31	3:53	13.00	1:06:28	5:06	5	13:18	33	18:48
00 5	3.25	16:35	5:06	5	2:35	28	3:51	16.25	1:23:03	5:06	5	15:53	31	22:39
00 6	3.25	16:47	5:09	6	2:18	31	4:01	19.50	1:39:50	5:07	5	17:42	30	26:30
00 7	3.25	18:27	5:40	9	4:10	56	5:54	22.75	1:58:17	5:11	6	21:52	33	32:24
00 8	3.25	19:55	6:07	12	5:10	70	7:11	26.00	2:18:12	5:18	6	26:52	41	39:35
00 9	3.25	21:21	6:34	13	6:32	74	8:33	29.25	2:39:33	5:27	6	32:00	42	48:08
00 10	3.25	20:41	6:21	11	5:36	63	7:46	32.50	3:00:14	5:32	9	36:40	51	55:54
00 11	3.25	21:02	6:28	11	5:56	60	8:02	35.75	3:21:16	5:37	11	42:19	55	1:03:56
00 12	3.25	20:46	6:23	10	5:29	52	8:01	39.00	3:42:02	5:41	10	47:37	56	1:11:57
000 00	3.25	22:44	6:59	11	8:35	66	10:05	42.25	4:04:46	5:47	10	55:28	56	1:22:02