



# 11. Kristall-Marathon

Merkers / 12.02.2017

0000

LUKSCH, Marcus

00: Niederstetten

00: 79

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:10:53

00: 10.04 km/h

0000: 5:56 min/km

00000/0000: 68 (of 110)

00000/0: 63 (of 100)

000000: 2:42:44

00000: 19(of 26)

0000000: 3:07:53

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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	18:28	5:40	22	5:24	82	7:15	3.25	18:28	5:40	22	5:24	82	7:15
00 2	3.25	21:19	6:33	26	7:45	98	9:36	6.50	39:47	6:07	25	13:09	93	16:51
00 3	3.25	17:50	5:29	20	4:00	61	5:38	9.75	57:37	5:54	23	17:09	90	22:29
00 4	3.25	18:45	5:46	22	4:38	74	6:13	13.00	1:16:22	5:52	23	21:47	87	28:42
00 5	3.25	18:23	5:39	22	4:21	69	5:39	16.25	1:34:45	5:49	23	26:08	83	34:21
00 6	3.25	18:14	5:36	15	4:08	61	5:28	19.50	1:52:59	5:47	22	30:16	78	39:39
00 7	3.25	19:16	5:55	20	5:02	69	6:43	22.75	2:12:15	5:48	22	35:18	78	46:22
00 8	3.25	19:02	5:51	18	4:35	62	6:18	26.00	2:31:17	5:49	21	39:53	75	52:40
00 9	3.25	19:00	5:50	14	4:32	48	6:12	29.25	2:50:17	5:49	21	44:25	73	58:52
00 10	3.25	19:38	6:02	16	4:39	51	6:43	32.50	3:09:55	5:50	21	49:04	69	1:05:35
00 11	3.25	19:57	6:08	17	4:56	51	6:57	35.75	3:29:52	5:52	21	54:00	68	1:12:32
00 12	3.25	20:50	6:24	17	4:58	53	8:05	39.00	3:50:42	5:54	20	58:58	65	1:20:37
000 00	3.25	20:11	6:12	14	4:02	52	7:32	42.25	4:10:53	5:56	19	1:03:00	63	1:28:09