



11. Kristall-Marathon

Merkers / 12.02.2017

□□□□

UNGER, Thomas

□□: Laufftreff Arnstadt

□□: 136

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:13:27

□□: 9.94 km/h

□□□□: 6:00 min/km

□□□□□/□□□□: 69 (of 110)

□□□□□/□: 64 (of 100)

□□□□□□: 2:42:44

□□□□□: 20(of 26)

□□□□□□□: 3:07:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:44	5:08	13	3:40	40	5:31	3.25	16:44	5:08	13	3:40	40	5:31	
□□ 2	3.25	17:10	5:16	13	3:36	55	5:27	6.50	33:54	5:12	13	7:16	48	10:58	
□□ 3	3.25	17:33	5:24	17	3:43	54	5:21	9.75	51:27	5:16	15	10:59	52	16:19	
□□ 4	3.25	17:52	5:29	17	3:45	57	5:20	13.00	1:09:19	5:19	15	14:44	54	21:39	
□□ 5	3.25	18:07	5:34	19	4:05	65	5:23	16.25	1:27:26	5:22	15	18:49	53	27:02	
□□ 6	3.25	18:23	5:39	17	4:17	64	5:37	19.50	1:45:49	5:25	15	23:06	52	32:29	
□□ 7	3.25	18:55	5:49	19	4:41	67	6:22	22.75	2:04:44	5:28	16	27:47	57	38:51	
□□ 8	3.25	19:18	5:56	20	4:51	65	6:34	26.00	2:24:02	5:32	16	32:38	59	45:25	
□□ 9	3.25	20:00	6:09	20	5:32	64	7:12	29.25	2:44:02	5:36	17	38:10	62	52:37	
□□ 10	3.25	20:33	6:19	20	5:34	61	7:38	32.50	3:04:35	5:40	18	43:44	63	1:00:15	
□□ 11	3.25	22:12	6:49	20	7:11	66	9:12	35.75	3:26:47	5:47	19	50:55	63	1:09:27	
□□ 12	3.25	23:25	7:12	19	7:33	69	10:40	39.00	3:50:12	5:54	19	58:28	64	1:20:07	
□□□ □□	3.25	23:15	7:09	20	7:06	73	10:36	42.25	4:13:27	5:59	20	1:05:34	64	1:30:43	