



11. Kristall-Marathon

Merkers / 12.02.2017

0000

BERNATH, Wolfgang

00: marathon4you.de

00: 12

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:17:17

00: 9.79 km/h

0000: 6:05 min/km

00000/000: 73 (of 110)

00000/0: 68 (of 100)

000000: 2:42:44

00000: 5(of 11)

0000000: 3:39:49

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	19:25	5:58	10	3:32	92	8:12	3.25	19:25	5:58	10	3:32	92	8:12
00 2	3.25	18:27	5:40	7	2:51	82	6:44	6.50	37:52	5:49	9	6:23	89	14:56
00 3	3.25	18:30	5:41	5	2:38	75	6:18	9.75	56:22	5:46	9	9:01	86	21:14
00 4	3.25	19:15	5:55	6	3:17	79	6:43	13.00	1:15:37	5:48	7	12:18	83	27:57
00 5	3.25	19:25	5:58	8	3:09	82	6:41	16.25	1:35:02	5:50	9	15:27	86	34:38
00 6	3.25	19:58	6:08	6	3:28	81	7:12	19.50	1:55:00	5:53	6	18:55	81	41:40
00 7	3.25	19:22	5:57	5	2:57	70	6:49	22.75	2:14:22	5:54	6	21:52	79	48:29
00 8	3.25	19:59	6:08	5	3:05	71	7:15	26.00	2:34:21	5:56	6	24:57	80	55:44
00 9	3.25	19:50	6:06	5	2:54	59	7:02	29.25	2:54:11	5:57	5	27:25	77	1:02:46
00 10	3.25	20:38	6:20	5	4:00	62	7:43	32.50	3:14:49	5:59	5	30:08	75	1:10:29
00 11	3.25	20:38	6:20	5	3:38	58	7:38	35.75	3:35:27	6:01	5	31:34	73	1:18:07
00 12	3.25	20:59	6:27	5	3:39	55	8:14	39.00	3:56:26	6:03	5	32:27	71	1:26:21
000 00	3.25	20:51	6:24	5	5:01	57	8:12	42.25	4:17:17	6:05	5	37:28	68	1:34:33