



11. Kristall-Marathon

Merkers / 12.02.2017

0000

HOFMANN, Markus

00: Nürnberg

00: 53

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:18:30

00: 9.75 km/h

0000: 6:07 min/km

00000/0000: 74 (of 110)

00000/0: 69 (of 100)

000000: 2:42:44

00000: 12(of 19)

0000000: 3:09:18

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	19:02	5:51	17	6:24	90	7:49	3.25	19:02	5:51	17	6:24	90	7:49
00 2	3.25	18:34	5:42	16	5:04	84	6:51	6.50	37:36	5:47	17	11:28	87	14:40
00 3	3.25	18:05	5:33	13	4:37	67	5:53	9.75	55:41	5:42	16	16:05	82	20:33
00 4	3.25	17:53	5:30	12	4:19	58	5:21	13.00	1:13:34	5:39	16	20:24	76	25:54
00 5	3.25	17:45	5:27	8	3:45	48	5:01	16.25	1:31:19	5:37	15	24:09	72	30:55
00 6	3.25	18:02	5:32	11	3:33	58	5:16	19.50	1:49:21	5:36	14	27:13	71	36:01
00 7	3.25	19:41	6:03	13	5:24	74	7:08	22.75	2:09:02	5:40	14	32:37	73	43:09
00 8	3.25	18:43	5:45	9	3:58	54	5:59	26.00	2:27:45	5:40	14	36:25	71	49:08
00 9	3.25	20:00	6:09	11	5:11	64	7:12	29.25	2:47:45	5:44	12	40:12	69	56:20
00 10	3.25	21:59	6:45	13	6:54	73	9:04	32.50	3:09:44	5:50	12	46:10	68	1:05:24
00 11	3.25	23:04	7:05	13	7:58	73	10:04	35.75	3:32:48	5:57	12	53:51	70	1:15:28
00 12	3.25	22:49	7:01	12	7:32	65	10:04	39.00	3:55:37	6:02	12	1:01:12	70	1:25:32
000 00	3.25	22:53	7:02	12	8:44	67	10:14	42.25	4:18:30	6:07	12	1:09:12	69	1:35:46