



11. Kristall-Marathon

Merkers / 12.02.2017

0000

ORTH, Sebastian

00: TGV Schotten

00: 100

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 4:20:51

00: 9.66 km/h

0000: 6:10 min/km

00000/000: 75 (of 110)

00000/0: 70 (of 100)

000000: 2:42:44

00000: 10(of 10)

0000000: 2:54:22

0000

0000

000

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	17:30	5:23	9	5:18	67	6:17	3.25	17:30	5:23	9	5:18	67	6:17
00 2	3.25	17:02	5:14	7	4:22	51	5:19	6.50	34:32	5:18	9	9:04	62	11:36
00 3	3.25	17:20	5:19	7	4:48	50	5:08	9.75	51:52	5:19	7	13:50	55	16:44
00 4	3.25	17:10	5:16	7	4:30	44	4:38	13.00	1:09:02	5:18	7	18:20	53	21:22
00 5	3.25	17:08	5:16	6	4:22	36	4:24	16.25	1:26:10	5:18	7	22:42	48	25:46
00 6	3.25	17:35	5:24	6	4:48	42	4:49	19.50	1:43:45	5:19	7	27:30	47	30:25
00 7	3.25	18:11	5:35	9	5:03	48	5:38	22.75	2:01:56	5:21	7	32:33	48	36:03
00 8	3.25	18:52	5:48	8	5:33	58	6:08	26.00	2:20:48	5:24	7	38:06	49	42:11
00 9	3.25	20:13	6:13	8	6:16	66	7:25	29.25	2:41:01	5:30	8	44:22	52	49:36
00 10	3.25	22:00	6:46	9	7:57	74	9:05	32.50	3:03:01	5:37	8	52:19	58	58:41
00 11	3.25	25:39	7:53	10	11:21	91	12:39	35.75	3:28:40	5:50	9	1:03:40	66	1:11:20
00 12	3.25	25:59	7:59	10	11:32	91	13:14	39.00	3:54:39	6:00	10	1:15:12	69	1:24:34
000 00	3.25	26:12	8:03	10	11:45	89	13:33	42.25	4:20:51	6:10	10	1:26:29	70	1:38:07