



11. Kristall-Marathon

Merkers / 12.02.2017

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Stegner, Mirko

□□: Trailrunning Würzburg

□□: 151

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:24:09

□□: 9.54 km/h

□□□□: 6:15 min/km

□□□□□/□□□: 79 (of 110)

□□□□□/□: 74 (of 100)

□□□□□□: 2:42:44

□□□□□: 14(of 19)

□□□□□□□: 3:09:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:19	4:42	4	2:41	26	4:06	3.25	15:19	4:42	4	2:41	26	4:06	
□□ 2	3.25	16:43	5:08	10	3:13	45	5:00	6.50	32:02	4:55	4	5:54	29	9:06	
□□ 3	3.25	17:49	5:28	11	4:21	59	5:37	9.75	49:51	5:06	6	10:15	34	14:43	
□□ 4	3.25	17:51	5:29	11	4:17	56	5:19	13.00	1:07:42	5:12	8	14:32	44	20:02	
□□ 5	3.25	18:56	5:49	15	4:56	78	6:12	16.25	1:26:38	5:19	10	19:28	51	26:14	
□□ 6	3.25	19:17	5:56	14	4:48	77	6:31	19.50	1:45:55	5:25	10	23:47	54	32:35	
□□ 7	3.25	20:10	6:12	14	5:53	77	7:37	22.75	2:06:05	5:32	11	29:40	62	40:12	
□□ 8	3.25	21:15	6:32	14	6:30	81	8:31	26.00	2:27:20	5:40	13	36:00	69	48:43	
□□ 9	3.25	22:32	6:56	15	7:43	83	9:44	29.25	2:49:52	5:48	14	42:19	71	58:27	
□□ 10	3.25	23:44	7:18	15	8:39	87	10:49	32.50	3:13:36	5:57	14	50:02	74	1:09:16	
□□ 11	3.25	23:55	7:21	14	8:49	81	10:55	35.75	3:37:31	6:05	14	58:34	75	1:20:11	
□□ 12	3.25	23:43	7:17	14	8:26	72	10:58	39.00	4:01:14	6:11	14	1:06:49	75	1:31:09	
□□□ □□	3.25	22:55	7:03	13	8:46	68	10:16	42.25	4:24:09	6:15	14	1:14:51	74	1:41:25	