



11. Kristall-Marathon

Merkers / 12.02.2017

0000

KISTER, Marco

00: TriTraUlala.de

00: 64

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:26:34

00: 9.45 km/h

0000: 6:19 min/km

00000/000: 82 (of 110)

00000/0: 76 (of 100)

000000: 2:42:44

00000: 15(of 16)

0000000: 2:42:44

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	15:00	4:36	5	3:47	22	3:47	3.25	15:00	4:36	5	3:47	22	3:47
00 2	3.25	17:03	5:14	10	5:20	52	5:20	6.50	32:03	4:55	7	9:07	30	9:07
00 3	3.25	18:10	5:35	12	5:58	70	5:58	9.75	50:13	5:09	9	15:05	43	15:05
00 4	3.25	18:29	5:41	11	5:57	70	5:57	13.00	1:08:42	5:17	11	21:02	50	21:02
00 5	3.25	18:46	5:46	14	6:02	74	6:02	16.25	1:27:28	5:22	11	27:04	54	27:04
00 6	3.25	18:27	5:40	12	5:31	66	5:41	19.50	1:45:55	5:25	11	32:35	54	32:35
00 7	3.25	20:10	6:12	15	7:37	77	7:37	22.75	2:06:05	5:32	12	40:12	62	40:12
00 8	3.25	20:51	6:24	15	8:07	78	8:07	26.00	2:26:56	5:39	12	48:19	68	48:19
00 9	3.25	22:57	7:03	16	10:09	87	10:09	29.25	2:49:53	5:48	14	58:28	72	58:28
00 10	3.25	22:39	6:58	14	9:44	79	9:44	32.50	3:12:32	5:55	15	1:08:12	73	1:08:12
00 11	3.25	23:07	7:06	14	10:07	75	10:07	35.75	3:35:39	6:01	15	1:18:19	74	1:18:19
00 12	3.25	24:35	7:33	15	11:50	80	11:50	39.00	4:00:14	6:09	15	1:30:09	74	1:30:09
000 00	3.25	26:20	8:06	16	13:41	90	13:41	42.25	4:26:34	6:18	15	1:43:50	76	1:43:50