



11. Kristall-Marathon

Merkers / 12.02.2017

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KISTER, Marco

□□: TriTraUlala.de

□□: 64

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 4:26:34

□□: 9.45 km/h

□□□□: 6:19 min/km

□□□□□/□□□□: 82 (of 110)

□□□□□/□: 76 (of 100)

□□□□□□: 2:42:44

□□□□□: 15(of 16)

□□□□□□□: 2:42:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□□ □□	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	