



11. Kristall-Marathon

Merkers / 12.02.2017

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WEBER, Heiko

□□: TuS 45/53 Heessen

□□: 141

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:26:49

□□: 9.44 km/h

□□□□: 6:19 min/km

□□□□□/□□□□: 83 (of 110)

□□□□□/□: 77 (of 100)

□□□□□□: 2:42:44

□□□□□: 15(of 19)

□□□□□□□: 3:09:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:13	5:17	13	4:35	59	6:00	3.25	17:13	5:17	13	4:35	59	6:00	
□□ 2	3.25	16:41	5:08	9	3:11	43	4:58	6.50	33:54	5:12	11	7:46	48	10:58	
□□ 3	3.25	18:08	5:34	14	4:40	68	5:56	9.75	52:02	5:20	12	12:26	57	16:54	
□□ 4	3.25	18:51	5:48	15	5:17	75	6:19	13.00	1:10:53	5:27	12	17:43	63	23:13	
□□ 5	3.25	18:23	5:39	14	4:23	69	5:39	16.25	1:29:16	5:29	13	22:06	67	28:52	
□□ 6	3.25	19:46	6:04	15	5:17	79	7:00	19.50	1:49:02	5:35	13	26:54	69	35:42	
□□ 7	3.25	20:50	6:24	15	6:33	85	8:17	22.75	2:09:52	5:42	15	33:27	75	43:59	
□□ 8	3.25	23:10	7:07	16	8:25	93	10:26	26.00	2:33:02	5:53	15	41:42	78	54:25	
□□ 9	3.25	22:20	6:52	14	7:31	82	9:32	29.25	2:55:22	5:59	15	47:49	79	1:03:57	
□□ 10	3.25	21:50	6:43	12	6:45	70	8:55	32.50	3:17:12	6:04	15	53:38	77	1:12:52	
□□ 11	3.25	21:57	6:45	12	6:51	65	8:57	35.75	3:39:09	6:07	15	1:00:12	76	1:21:49	
□□ 12	3.25	23:39	7:16	13	8:22	71	10:54	39.00	4:02:48	6:13	15	1:08:23	77	1:32:43	
□□□ □□	3.25	24:01	7:23	15	9:52	78	11:22	42.25	4:26:49	6:18	15	1:17:31	77	1:44:05	