



11. Kristall-Marathon

Merkers / 12.02.2017

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ELBRECHT, Heinz

□□: Hillhunter-Hessen

□□: 28

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:33:56

□□: 9.20 km/h

□□□□: 6:29 min/km

□□□□□/□□□□: 86 (of 110)

□□□□□/□: 80 (of 100)

□□□□□□: 2:42:44

□□□□□: 7(of 11)

□□□□□□□: 3:39:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:01	5:51	9	3:08	89	7:48	3.25	19:01	5:51	9	3:08	89	7:48	
□□ 2	3.25	18:41	5:44	9	3:05	86	6:58	6.50	37:42	5:48	8	6:13	88	14:46	
□□ 3	3.25	18:32	5:42	6	2:40	76	6:20	9.75	56:14	5:46	8	8:53	85	21:06	
□□ 4	3.25	19:26	5:58	7	3:28	81	6:54	13.00	1:15:40	5:49	8	12:21	84	28:00	
□□ 5	3.25	19:10	5:53	6	2:54	79	6:26	16.25	1:34:50	5:50	8	15:15	85	34:26	
□□ 6	3.25	20:14	6:13	8	3:44	86	7:28	19.50	1:55:04	5:54	7	18:59	82	41:44	
□□ 7	3.25	20:54	6:25	8	4:29	87	8:21	22.75	2:15:58	5:58	7	23:28	83	50:05	
□□ 8	3.25	22:14	6:50	11	5:20	90	9:30	26.00	2:38:12	6:05	7	28:48	83	59:35	
□□ 9	3.25	23:26	7:12	10	6:30	91	10:38	29.25	3:01:38	6:12	7	34:52	84	1:10:13	
□□ 10	3.25	23:19	7:10	10	6:41	86	10:24	32.50	3:24:57	6:18	7	40:16	85	1:20:37	
□□ 11	3.25	23:23	7:11	8	6:23	78	10:23	35.75	3:48:20	6:23	7	44:27	84	1:31:00	
□□ 12	3.25	23:18	7:10	7	5:58	67	10:33	39.00	4:11:38	6:27	7	47:39	82	1:41:33	
□□□ □□	3.25	22:18	6:51	6	6:28	60	9:39	42.25	4:33:56	6:29	7	54:07	80	1:51:12	