



# 11. Kristall-Marathon

Merkers / 12.02.2017

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## DIEPENBROCK, Thomas

□□: Northwood Runners

□□: 24

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:37:29

□□: 9.08 km/h

□□□□: 6:34 min/km

□□□□□/□□□: 89 (of 110)

□□□□□/□: 83 (of 100)

□□□□□□: 2:42:44

□□□□□: 10(of 12)

□□□□□□□: 3:16:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:36	5:06	3	2:44	35	5:23	3.25	16:36	5:06	3	2:44	35	5:23	
□□ 2	3.25	17:22	5:20	7	3:18	64	5:39	6.50	33:58	5:13	5	6:02	51	11:02	
□□ 3	3.25	18:22	5:39	8	4:00	72	6:10	9.75	52:20	5:22	7	10:02	61	17:12	
□□ 4	3.25	18:27	5:40	8	4:07	69	5:55	13.00	1:10:47	5:26	7	14:09	61	23:07	
□□ 5	3.25	19:12	5:54	8	4:32	80	6:28	16.25	1:29:59	5:32	8	18:41	69	29:35	
□□ 6	3.25	19:10	5:53	8	3:57	76	6:24	19.50	1:49:09	5:35	8	22:38	70	35:49	
□□ 7	3.25	19:10	5:53	7	3:42	68	6:37	22.75	2:08:19	5:38	8	26:20	71	42:26	
□□ 8	3.25	20:59	6:27	9	5:46	79	8:15	26.00	2:29:18	5:44	7	32:06	73	50:41	
□□ 9	3.25	22:45	7:00	11	6:48	86	9:57	29.25	2:52:03	5:52	7	38:54	75	1:00:38	
□□ 10	3.25	25:20	7:47	12	9:08	93	12:25	32.50	3:17:23	6:04	8	48:02	79	1:13:03	
□□ 11	3.25	28:03	8:37	12	11:48	96	15:03	35.75	3:45:26	6:18	9	59:50	80	1:28:06	
□□ 12	3.25	27:04	8:19	11	11:12	96	14:19	39.00	4:12:30	6:28	10	1:11:02	83	1:42:25	
□□□ □□	3.25	24:59	7:41	11	9:39	83	12:20	42.25	4:37:29	6:34	10	1:20:41	83	1:54:45	