



11. Kristall-Marathon

Merkers / 12.02.2017

0000

RÖMER, Marcus

00: CRAZY RUNNERS TEAM FRANKENWALD

00: 111

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:38:26

00: 9.05 km/h

0000: 6:35 min/km

00000/000: 90 (of 110)

00000/0: 84 (of 100)

000000: 2:42:44

00000: 22(of 26)

0000000: 3:07:53

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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	18:58	5:50	25	5:54	88	7:45	3.25	18:58	5:50	25	5:54	88	7:45
00 2	3.25	20:15	6:13	24	6:41	93	8:32	6.50	39:13	6:01	24	12:35	92	16:17
00 3	3.25	20:09	6:11	24	6:19	93	7:57	9.75	59:22	6:05	24	18:54	92	24:14
00 4	3.25	20:34	6:19	24	6:27	92	8:02	13.00	1:19:56	6:08	24	25:21	93	32:16
00 5	3.25	20:35	6:19	24	6:33	95	7:51	16.25	1:40:31	6:11	24	31:54	93	40:07
00 6	3.25	20:26	6:17	23	6:20	88	7:40	19.50	2:00:57	6:12	24	38:14	92	47:37
00 7	3.25	20:48	6:24	23	6:34	84	8:15	22.75	2:21:45	6:13	24	44:48	92	55:52
00 8	3.25	21:22	6:34	22	6:55	82	8:38	26.00	2:43:07	6:16	24	51:43	92	1:04:30
00 9	3.25	21:25	6:35	22	6:57	75	8:37	29.25	3:04:32	6:18	24	58:40	92	1:13:07
00 10	3.25	22:58	7:03	22	7:59	81	10:03	32.50	3:27:30	6:23	23	1:06:39	90	1:23:10
00 11	3.25	23:15	7:09	22	8:14	76	10:15	35.75	3:50:45	6:27	23	1:14:53	88	1:33:25
00 12	3.25	24:05	7:24	20	8:13	77	11:20	39.00	4:14:50	6:32	22	1:23:06	87	1:44:45
000 00	3.25	23:36	7:15	21	7:27	75	10:57	42.25	4:38:26	6:35	22	1:30:33	84	1:55:42