



11. Kristall-Marathon

Merkers / 12.02.2017

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KRATOCHWILL, Friedrich

□□: Laufwunder Steyr

□□: 70

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:43:30

□□: 8.89 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 95 (of 110)

□□□□□/□: 89 (of 100)

□□□□□□: 2:42:44

□□□□□: 10(of 11)

□□□□□□□: 3:39:49

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:05	6:10	11	4:12	94	8:52	3.25	20:05	6:10	11	4:12	94	8:52	
□□ 2	3.25	19:43	6:03	11	4:07	92	8:00	6.50	39:48	6:07	11	8:19	94	16:52	
□□ 3	3.25	19:42	6:03	11	3:50	91	7:30	9.75	59:30	6:06	11	12:09	93	24:22	
□□ 4	3.25	19:38	6:02	8	3:40	84	7:06	13.00	1:19:08	6:05	11	15:49	92	31:28	
□□ 5	3.25	19:52	6:06	9	3:36	84	7:08	16.25	1:39:00	6:05	11	19:25	92	38:36	
□□ 6	3.25	20:03	6:10	7	3:33	82	7:17	19.50	1:59:03	6:06	11	22:58	91	45:43	
□□ 7	3.25	20:40	6:21	7	4:15	81	8:07	22.75	2:19:43	6:08	10	27:13	90	53:50	
□□ 8	3.25	21:13	6:31	7	4:19	80	8:29	26.00	2:40:56	6:11	10	31:32	90	1:02:19	
□□ 9	3.25	21:46	6:41	6	4:50	78	8:58	29.25	3:02:42	6:14	8	35:56	87	1:11:17	
□□ 10	3.25	22:53	7:02	7	6:15	80	9:58	32.50	3:25:35	6:19	8	40:54	86	1:21:15	
□□ 11	3.25	25:41	7:54	11	8:41	92	12:41	35.75	3:51:16	6:28	10	47:23	89	1:33:56	
□□ 12	3.25	25:23	7:48	10	8:03	86	12:38	39.00	4:16:39	6:34	10	52:40	89	1:46:34	
□□□ □□	3.25	26:51	8:15	11	11:01	91	14:12	42.25	4:43:30	6:42	10	1:03:41	89	2:00:46	