



11. Kristall-Marathon

Merkers / 12.02.2017

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SALA, valerio massimo

□□: cassinis

□□: 114

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:44:01

□□: 8.87 km/h

□□□□: 6:43 min/km

□□□□□/□□□□: 98 (of 110)

□□□□□/□: 91 (of 100)

□□□□□□: 2:42:44

□□□□□: 11(of 11)

□□□□□□□: 3:39:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:24	5:39	7	2:31	81	7:11	3.25	18:24	5:39	7	2:31	81	7:11	
□□ 2	3.25	18:34	5:42	8	2:58	84	6:51	6.50	36:58	5:41	7	5:29	82	14:02	
□□ 3	3.25	19:02	5:51	8	3:10	84	6:50	9.75	56:00	5:44	7	8:39	84	20:52	
□□ 4	3.25	19:47	6:05	10	3:49	87	7:15	13.00	1:15:47	5:49	9	12:28	85	28:07	
□□ 5	3.25	18:55	5:49	5	2:39	77	6:11	16.25	1:34:42	5:49	6	15:07	82	34:18	
□□ 6	3.25	21:13	6:31	11	4:43	95	8:27	19.50	1:55:55	5:56	9	19:50	86	42:35	
□□ 7	3.25	23:07	7:06	11	6:42	95	10:34	22.75	2:19:02	6:06	9	26:32	88	53:09	
□□ 8	3.25	20:30	6:18	6	3:36	76	7:46	26.00	2:39:32	6:08	8	30:08	85	1:00:55	
□□ 9	3.25	23:26	7:12	10	6:30	91	10:38	29.25	3:02:58	6:15	9	36:12	88	1:11:33	
□□ 10	3.25	24:36	7:34	11	7:58	91	11:41	32.50	3:27:34	6:23	11	42:53	91	1:23:14	
□□ 11	3.25	25:34	7:51	10	8:34	90	12:34	35.75	3:53:08	6:31	11	49:15	90	1:35:48	
□□ 12	3.25	25:30	7:50	11	8:10	87	12:45	39.00	4:18:38	6:37	11	54:39	90	1:48:33	
□□□ □□	3.25	25:23	7:48	10	9:33	84	12:44	42.25	4:44:01	6:43	11	1:04:12	91	2:01:17	