



11. Kristall-Marathon

Merkers / 12.02.2017

0000

BEZANI, Helmut

000: 4:46:20

00: Lauffieber Dortmund/Team Erdinger Alkoholfrei 00: 8.80 km/h

00: 13

0000: 6:47 min/km

00: 42.25 km

00000/000: 99 (of 110)

Marathon

00000/0: 92 (of 100)

000000: 2:42:44

0000:

00000: 16(of 16)

Senioren M35 (35-39 Jahre)

0000000: 2:42:44

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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	20:11	6:12	16	8:58	96	8:58	3.25	20:11	6:12	16	8:58	96	8:58
00 2	3.25	21:30	6:36	16	9:47	99	9:47	6.50	41:41	6:24	16	18:45	99	18:45
00 3	3.25	20:24	6:16	16	8:12	94	8:12	9.75	1:02:05	6:22	16	26:57	97	26:57
00 4	3.25	21:23	6:34	16	8:51	97	8:51	13.00	1:23:28	6:25	16	35:48	97	35:48
00 5	3.25	20:32	6:19	16	7:48	94	7:48	16.25	1:44:00	6:24	16	43:36	95	43:36
00 6	3.25	20:57	6:26	16	8:01	94	8:11	19.50	2:04:57	6:24	16	51:37	94	51:37
00 7	3.25	20:52	6:25	16	8:19	86	8:19	22.75	2:25:49	6:24	16	59:56	94	59:56
00 8	3.25	21:54	6:44	16	9:10	88	9:10	26.00	2:47:43	6:27	16	1:09:06	93	1:09:06
00 9	3.25	22:43	6:59	15	9:55	85	9:55	29.25	3:10:26	6:30	16	1:19:01	93	1:19:01
00 10	3.25	23:49	7:19	16	10:54	88	10:54	32.50	3:34:15	6:35	16	1:29:55	93	1:29:55
00 11	3.25	24:04	7:24	16	11:04	82	11:04	35.75	3:58:19	6:39	16	1:40:59	93	1:40:59
00 12	3.25	24:48	7:37	16	12:03	83	12:03	39.00	4:23:07	6:44	16	1:53:02	93	1:53:02
000 00	3.25	23:13	7:08	14	10:34	71	10:34	42.25	4:46:20	6:46	16	2:03:36	92	2:03:36