



11. Kristall-Marathon

Merkers / 12.02.2017

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HIPPE, Karsten

□□: Happy Hippes Running Team

□□: 52

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:52:08

□□: 8.63 km/h

□□□□: 6:55 min/km

□□□□□/□□□: 101 (of 110)

□□□□□/□: 94 (of 100)

□□□□□□: 2:42:44

□□□□□: 16(of 19)

□□□□□□□: 3:09:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:45	5:27	15	5:07	74	6:32	3.25	17:45	5:27	15	5:07	74	6:32	
□□ 2	3.25	18:48	5:47	17	5:18	87	7:05	6.50	36:33	5:37	15	10:25	79	13:37	
□□ 3	3.25	19:23	5:57	17	5:55	88	7:11	9.75	55:56	5:44	17	16:20	83	20:48	
□□ 4	3.25	20:02	6:09	17	6:28	91	7:30	13.00	1:15:58	5:50	17	22:48	86	28:18	
□□ 5	3.25	20:11	6:12	17	6:11	90	7:27	16.25	1:36:09	5:55	17	28:59	87	35:45	
□□ 6	3.25	20:10	6:12	16	5:41	83	7:24	19.50	1:56:19	5:57	16	34:11	87	42:59	
□□ 7	3.25	21:16	6:32	16	6:59	88	8:43	22.75	2:17:35	6:02	16	41:10	85	51:42	
□□ 8	3.25	21:45	6:41	15	7:00	87	9:01	26.00	2:39:20	6:07	16	48:00	84	1:00:43	
□□ 9	3.25	23:03	7:05	16	8:14	88	10:15	29.25	3:02:23	6:14	16	54:50	86	1:10:58	
□□ 10	3.25	24:09	7:25	16	9:04	90	11:14	32.50	3:26:32	6:21	16	1:02:58	88	1:22:12	
□□ 11	3.25	26:55	8:16	16	11:49	94	13:55	35.75	3:53:27	6:31	16	1:14:30	91	1:36:07	
□□ 12	3.25	29:23	9:02	18	14:06	98	16:38	39.00	4:22:50	6:44	16	1:28:25	92	1:52:45	
□□□ □□	3.25	29:18	9:00	18	15:09	96	16:39	42.25	4:52:08	6:54	16	1:42:50	94	2:09:24	