



# 11. Kristall-Marathon

Merkers / 12.02.2017

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**KRAUSE, Joachim**

□□: Team Vitargo/Team Erdinger Alkoholfrei

□□: 71

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 5:08:20

□□: 8.17 km/h

□□□□: 7:18 min/km

□□□□□/□□□: 103 (of 110)

□□□□□/□: 95 (of 100)

□□□□□□: 2:42:44

□□□□□: 12(of 12)

□□□□□□□: 3:16:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:11	6:12	11	6:19	96	8:58	3.25	20:11	6:12	11	6:19	96	8:58	
□□ 2	3.25	20:47	6:23	11	6:43	96	9:04	6.50	40:58	6:18	11	13:02	97	18:02	
□□ 3	3.25	20:50	6:24	11	6:28	97	8:38	9.75	1:01:48	6:20	11	19:30	96	26:40	
□□ 4	3.25	20:50	6:24	11	6:30	93	8:18	13.00	1:22:38	6:21	11	26:00	96	34:58	
□□ 5	3.25	20:18	6:14	11	5:38	91	7:34	16.25	1:42:56	6:20	11	31:38	94	42:32	
□□ 6	3.25	20:28	6:17	11	5:15	89	7:42	19.50	2:03:24	6:19	11	36:53	93	50:04	
□□ 7	3.25	21:51	6:43	11	6:23	92	9:18	22.75	2:25:15	6:23	11	43:16	93	59:22	
□□ 8	3.25	26:10	8:03	12	10:57	96	13:26	26.00	2:51:25	6:35	11	54:13	94	1:12:48	
□□ 9	3.25	24:32	7:32	12	8:35	95	11:44	29.25	3:15:57	6:41	12	1:02:48	95	1:24:32	
□□ 10	3.25	24:58	7:40	11	8:46	92	12:03	32.50	3:40:55	6:47	12	1:11:34	95	1:36:35	
□□ 11	3.25	24:51	7:38	10	8:36	86	11:51	35.75	4:05:46	6:52	12	1:20:10	95	1:48:26	
□□ 12	3.25	28:38	8:48	12	12:46	97	15:53	39.00	4:34:24	7:02	12	1:32:56	95	2:04:19	
□□□ □□	3.25	33:56	10:26	12	18:36	97	21:17	42.25	5:08:20	7:17	12	1:51:32	95	2:25:36	