



12. Kristall-Marathon

Merkers / 18.02.2018

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KRIKLER, Manfred

□□: Runners Point Ulm

□□: 708

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:56:23

□□: 14.29 km/h

□□□□: 4:10 min/km

□□□□□/□□□□: 3 (of 168)

□□□□□/□: 3 (of 144)

□□□□□□: 2:45:49

□□□□□: 1(of 29)

□□□□□□□: 2:56:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	12:57	3:59	1	-	6	2:03	3.25	12:57	3:59	1	-	6	2:03	
□□ 2	3.25	13:00	4:00	1	-	5	1:13	6.50	25:57	3:59	1	-	6	3:16	
□□ 3	3.25	13:06	4:01	1	-	4	0:41	9.75	39:03	4:00	1	-	4	3:57	
□□ 4	3.25	13:38	4:11	1	-	4	1:01	13.00	52:41	4:03	1	-	4	4:58	
□□ 5	3.25	13:39	4:12	1	-	5	1:19	16.25	1:06:20	4:04	1	-	4	6:17	
□□ 6	3.25	13:41	4:12	1	-	4	1:17	19.50	1:20:01	4:06	1	-	4	7:34	
□□ 7	3.25	13:26	4:08	1	-	3	0:38	22.75	1:33:27	4:06	1	-	4	8:12	
□□ 8	3.25	13:34	4:10	1	-	3	0:45	26.00	1:47:01	4:06	1	-	3	8:57	
□□ 9	3.25	13:27	4:08	1	-	3	0:19	29.25	2:00:28	4:07	1	-	3	9:11	
□□ 10	3.25	13:38	4:11	1	-	3	0:48	32.50	2:14:06	4:07	1	-	3	9:59	
□□ 11	3.25	14:11	4:21	1	-	3	0:41	35.75	2:28:17	4:08	1	-	3	10:40	
□□ 12	3.25	14:14	4:22	1	-	2	0:17	39.00	2:42:31	4:10	1	-	3	10:57	
□□□ □□	3.25	13:52	4:15	1	-	1	-	42.25	2:56:23	4:10	1	-	3	10:34	