



12. Kristall-Marathon

Merkers / 18.02.2018

0000

WOLTERS, Henning

00: sportTREND Ultralaufteam Braunschweig

00: 829

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:03:49

00: 13.71 km/h

0000: 4:21 min/km

00000/0000: 4 (of 168)

00000/0: 4 (of 144)

000000: 2:45:49

00000: 1(of 10)

0000000: 3:03:49

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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	12:47	3:55	1	-	4	1:53	3.25	12:47	3:55	1	-	4	1:53
00 2	3.25	12:46	3:55	1	-	3	0:59	6.50	25:33	3:55	1	-	3	2:52
00 3	3.25	12:44	3:55	1	-	2	0:19	9.75	38:17	3:55	1	-	3	3:11
00 4	3.25	13:09	4:02	1	-	3	0:32	13.00	51:26	3:57	1	-	3	3:43
00 5	3.25	13:22	4:06	1	-	3	1:02	16.25	1:04:48	3:59	1	-	3	4:45
00 6	3.25	13:28	4:08	1	-	3	1:04	19.50	1:18:16	4:00	1	-	3	5:49
00 7	3.25	13:53	4:16	1	-	5	1:05	22.75	1:32:09	4:03	1	-	3	6:54
00 8	3.25	14:52	4:34	2	0:09	10	2:03	26.00	1:47:01	4:06	1	-	3	8:57
00 9	3.25	14:54	4:35	2	0:25	8	1:46	29.25	2:01:55	4:10	1	-	4	10:38
00 10	3.25	15:20	4:43	1	-	7	2:30	32.50	2:17:15	4:13	1	-	4	13:08
00 11	3.25	15:23	4:44	1	-	7	1:53	35.75	2:32:38	4:16	1	-	4	15:01
00 12	3.25	15:50	4:52	1	-	9	1:53	39.00	2:48:28	4:19	1	-	4	16:54
000 00	3.25	15:21	4:43	2	0:04	10	1:29	42.25	3:03:49	4:21	1	-	4	18:00