



# 12. Kristall-Marathon

Merkers / 18.02.2018

0000

**WEDIG, Christian**

00: OCR Heidesprinter

00: 820

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:32:53

00: 11.91 km/h

0000: 5:02 min/km

00000/000: 26 (of 168)

00000/0: 26 (of 144)

000000: 2:45:49

00000: 5(of 10)

0000000: 3:03:49

0000

0000

000

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	16:26	5:03	6	3:39	57	5:32	3.25	16:26	5:03	6	3:39	57	5:32
00 2	3.25	16:08	4:57	5	3:22	42	4:21	6.50	32:34	5:00	6	7:01	46	9:53
00 3	3.25	15:49	4:51	6	3:05	33	3:24	9.75	48:23	4:57	5	10:06	38	13:17
00 4	3.25	15:44	4:50	5	2:35	26	3:07	13.00	1:04:07	4:55	5	12:41	35	16:24
00 5	3.25	15:16	4:41	4	1:54	19	2:56	16.25	1:19:23	4:53	5	14:35	31	19:20
00 6	3.25	15:34	4:47	4	2:06	20	3:10	19.50	1:34:57	4:52	5	16:41	30	22:30
00 7	3.25	15:25	4:44	4	1:32	18	2:37	22.75	1:50:22	4:51	5	18:13	26	25:07
00 8	3.25	15:57	4:54	5	1:14	22	3:08	26.00	2:06:19	4:51	4	19:18	25	28:15
00 9	3.25	16:27	5:03	3	1:58	21	3:19	29.25	2:22:46	4:52	4	20:51	24	31:29
00 10	3.25	17:11	5:17	4	1:51	24	4:21	32.50	2:39:57	4:55	4	22:42	23	35:50
00 11	3.25	17:44	5:27	4	2:21	30	4:14	35.75	2:57:41	4:58	4	25:03	23	40:04
00 12	3.25	17:32	5:23	3	1:42	25	3:35	39.00	3:15:13	5:00	5	26:45	25	43:39
000 00	3.25	17:40	5:26	4	2:23	30	3:48	42.25	3:32:53	5:02	5	29:04	26	47:04