



12. Kristall-Marathon

Merkers / 18.02.2018

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STOFFEL, Volker

□□: Wyker TB

□□: 799

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:41:17

□□: 11.46 km/h

□□□□: 5:14 min/km

□□□□□/□□□: 37 (of 168)

□□□□□/□: 35 (of 144)

□□□□□□: 2:45:49

□□□□□: 2(of 20)

□□□□□□□: 3:22:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:04	4:56	4	0:59	47	5:10	3.25	16:04	4:56	4	0:59	47	5:10	
□□ 2	3.25	17:10	5:16	6	2:14	74	5:23	6.50	33:14	5:06	5	3:13	57	10:33	
□□ 3	3.25	16:53	5:11	4	1:53	59	4:28	9.75	50:07	5:08	4	5:06	57	15:01	
□□ 4	3.25	17:06	5:15	4	2:03	58	4:29	13.00	1:07:13	5:10	4	7:09	56	19:30	
□□ 5	3.25	17:26	5:21	5	2:21	60	5:06	16.25	1:24:39	5:12	4	9:30	56	24:36	
□□ 6	3.25	17:07	5:15	3	1:40	46	4:43	19.50	1:41:46	5:13	4	11:10	53	29:19	
□□ 7	3.25	16:19	5:01	2	0:56	32	3:31	22.75	1:58:05	5:11	2	12:06	48	32:50	
□□ 8	3.25	16:38	5:07	2	0:45	31	3:49	26.00	2:14:43	5:10	2	12:51	42	36:39	
□□ 9	3.25	16:41	5:08	2	1:05	26	3:33	29.25	2:31:24	5:10	2	13:56	40	40:07	
□□ 10	3.25	17:08	5:16	2	0:44	22	4:18	32.50	2:48:32	5:11	2	14:40	38	44:25	
□□ 11	3.25	17:10	5:16	2	0:55	21	3:40	35.75	3:05:42	5:11	2	15:35	35	48:05	
□□ 12	3.25	17:40	5:26	3	1:22	29	3:43	39.00	3:23:22	5:12	2	16:57	34	51:48	
□□□ □□	3.25	17:55	5:30	3	2:00	34	4:03	42.25	3:41:17	5:14	2	18:32	35	55:28	