



12. Kristall-Marathon

Merkers / 18.02.2018

0000

KNAACK, Tobias

00: Adidas Runners Hamburg

00: 695

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:48:15

00: 11.04 km/h

0000: 5:24 min/km

00000/0000: 47 (of 168)

00000/0: 44 (of 144)

000000: 2:45:49

00000: 5(of 26)

0000000: 2:51:32

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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	15:24	4:44	5	3:18	32	4:30	3.25	15:24	4:44	5	3:18	32	4:30
00 2	3.25	15:29	4:45	4	2:54	29	3:42	6.50	30:53	4:45	4	6:12	29	8:12
00 3	3.25	15:46	4:51	3	2:59	31	3:21	9.75	46:39	4:47	3	9:11	29	11:33
00 4	3.25	16:53	5:11	7	4:00	50	4:16	13.00	1:03:32	4:53	3	13:11	32	15:49
00 5	3.25	16:48	5:10	4	3:57	41	4:28	16.25	1:20:20	4:56	3	17:08	34	20:17
00 6	3.25	17:02	5:14	4	4:21	41	4:38	19.50	1:37:22	4:59	3	21:29	37	24:55
00 7	3.25	17:21	5:20	6	4:32	48	4:33	22.75	1:54:43	5:02	3	26:01	37	29:28
00 8	3.25	18:18	5:37	8	5:05	59	5:29	26.00	2:13:01	5:06	3	31:06	39	34:57
00 9	3.25	18:17	5:37	6	5:09	50	5:09	29.25	2:31:18	5:10	3	36:15	39	40:01
00 10	3.25	18:53	5:48	8	5:23	54	6:03	32.50	2:50:11	5:14	3	41:38	40	46:04
00 11	3.25	19:29	5:59	9	5:26	55	5:59	35.75	3:09:40	5:18	3	47:04	41	52:03
00 12	3.25	19:13	5:54	7	4:57	44	5:16	39.00	3:28:53	5:21	3	51:54	41	57:19
000 00	3.25	19:22	5:57	9	5:10	55	5:30	42.25	3:48:15	5:24	5	56:43	44	1:02:26