



12. Kristall-Marathon

Merkers / 18.02.2018

0000

STANGE, Frank

00: nicht quatschen, MACHEN!

00: 797

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:49:29

00: 10.98 km/h

0000: 5:26 min/km

00000/000: 48 (of 168)

00000/0: 45 (of 144)

000000: 2:45:49

00000: 6(of 26)

0000000: 2:51:32

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	18:06	5:34	15	6:00	98	7:12	3.25	18:06	5:34	15	6:00	98	7:12
00 2	3.25	16:50	5:10	9	4:15	60	5:03	6.50	34:56	5:22	12	10:15	84	12:15
00 3	3.25	17:03	5:14	10	4:16	66	4:38	9.75	51:59	5:19	12	14:31	82	16:53
00 4	3.25	17:07	5:15	9	4:14	60	4:30	13.00	1:09:06	5:18	12	18:45	78	21:23
00 5	3.25	17:32	5:23	9	4:41	68	5:12	16.25	1:26:38	5:19	12	23:26	74	26:35
00 6	3.25	17:37	5:25	8	4:56	58	5:13	19.50	1:44:15	5:20	9	28:22	69	31:48
00 7	3.25	17:15	5:18	5	4:26	46	4:27	22.75	2:01:30	5:20	8	32:48	63	36:15
00 8	3.25	17:31	5:23	4	4:18	43	4:42	26.00	2:19:01	5:20	8	37:06	59	40:57
00 9	3.25	17:48	5:28	3	4:40	38	4:40	29.25	2:36:49	5:21	7	41:46	54	45:32
00 10	3.25	19:18	5:56	10	5:48	62	6:28	32.50	2:56:07	5:25	7	47:34	56	52:00
00 11	3.25	17:56	5:31	4	3:53	34	4:26	35.75	3:14:03	5:25	7	51:27	51	56:26
00 12	3.25	17:25	5:21	4	3:09	24	3:28	39.00	3:31:28	5:25	5	54:29	46	59:54
000 00	3.25	18:01	5:32	5	3:49	37	4:09	42.25	3:49:29	5:25	6	57:57	45	1:03:40