



12. Kristall-Marathon

Merkers / 18.02.2018

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LöWE, Sten

□□: Team Eichsfeld

□□: 717

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:51:45

□□: 10.94 km/h

□□□□: 5:29 min/km

□□□□□/□□□□: 51 (of 168)

□□□□□□/□: 47 (of 144)

□□□□□□: 2:45:49

□□□□□: 7(of 26)

□□□□□□□: 2:51:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:59	4:55	7	3:53	41	5:05	3.25	15:59	4:55	7	3:53	41	5:05	
□□ 2	3.25	16:49	5:10	8	4:14	58	5:02	6.50	32:48	5:02	8	8:07	49	10:07	
□□ 3	3.25	16:54	5:11	8	4:07	60	4:29	9.75	49:42	5:05	8	12:14	51	14:36	
□□ 4	3.25	16:56	5:12	8	4:03	51	4:19	13.00	1:06:38	5:07	8	16:17	50	18:55	
□□ 5	3.25	17:03	5:14	7	4:12	49	4:43	16.25	1:23:41	5:08	6	20:29	48	23:38	
□□ 6	3.25	17:06	5:15	5	4:25	44	4:42	19.50	1:40:47	5:10	6	24:54	48	28:20	
□□ 7	3.25	17:08	5:16	4	4:19	41	4:20	22.75	1:57:55	5:10	6	29:13	46	32:40	
□□ 8	3.25	17:40	5:26	6	4:27	47	4:51	26.00	2:15:35	5:12	5	33:40	44	37:31	
□□ 9	3.25	17:52	5:29	4	4:44	43	4:44	29.25	2:33:27	5:14	4	38:24	44	42:10	
□□ 10	3.25	18:51	5:48	7	5:21	53	6:01	32.50	2:52:18	5:18	5	43:45	46	48:11	
□□ 11	3.25	18:54	5:48	7	4:51	47	5:24	35.75	3:11:12	5:20	5	48:36	44	53:35	
□□ 12	3.25	21:19	6:33	11	7:03	68	7:22	39.00	3:32:31	5:26	7	55:32	49	1:00:57	
□□□ □□	3.25	19:14	5:55	8	5:02	50	5:22	42.25	3:51:45	5:29	7	1:00:13	47	1:05:56	