



12. Kristall-Marathon

Merkers / 18.02.2018

0000

KEMPTNER, Thomas

00: Laufftreff Wilhelmshaven

00: 686

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 3:53:22

00: 10.80 km/h

0000: 5:31 min/km

00000/000: 55 (of 168)

00000/0: 51 (of 144)

000000: 2:45:49

00000: 4(of 20)

0000000: 3:22:45

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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 | 17:12 | 5:17 | 9 | 2:07 | 76 | 6:18 | 3.25 | 17:12 | 5:17 | 9 | 2:07 | 76 | 6:18 |
| 00 2 | 3.25 | 17:03 | 5:14 | 5 | 2:07 | 72 | 5:16 | 6.50 | 34:15 | 5:16 | 9 | 4:14 | 76 | 11:34 |
| 00 3 | 3.25 | 16:57 | 5:12 | 5 | 1:57 | 63 | 4:32 | 9.75 | 51:12 | 5:15 | 7 | 6:11 | 70 | 16:06 |
| 00 4 | 3.25 | 17:08 | 5:16 | 6 | 2:05 | 62 | 4:31 | 13.00 | 1:08:20 | 5:15 | 7 | 8:16 | 69 | 20:37 |
| 00 5 | 3.25 | 17:17 | 5:19 | 4 | 2:12 | 56 | 4:57 | 16.25 | 1:25:37 | 5:16 | 6 | 10:28 | 64 | 25:34 |
| 00 6 | 3.25 | 17:40 | 5:26 | 4 | 2:13 | 60 | 5:16 | 19.50 | 1:43:17 | 5:17 | 5 | 12:41 | 60 | 30:50 |
| 00 7 | 3.25 | 17:38 | 5:25 | 4 | 2:15 | 57 | 4:50 | 22.75 | 2:00:55 | 5:18 | 5 | 14:56 | 58 | 35:40 |
| 00 8 | 3.25 | 17:51 | 5:29 | 3 | 1:58 | 50 | 5:02 | 26.00 | 2:18:46 | 5:20 | 5 | 16:54 | 57 | 40:42 |
| 00 9 | 3.25 | 18:18 | 5:37 | 4 | 2:42 | 51 | 5:10 | 29.25 | 2:37:04 | 5:22 | 4 | 19:36 | 56 | 45:47 |
| 00 10 | 3.25 | 18:31 | 5:41 | 4 | 2:07 | 46 | 5:41 | 32.50 | 2:55:35 | 5:24 | 3 | 21:43 | 53 | 51:28 |
| 00 11 | 3.25 | 18:43 | 5:45 | 4 | 2:28 | 43 | 5:13 | 35.75 | 3:14:18 | 5:26 | 4 | 24:11 | 54 | 56:41 |
| 00 12 | 3.25 | 19:13 | 5:54 | 4 | 2:55 | 44 | 5:16 | 39.00 | 3:33:31 | 5:28 | 4 | 27:06 | 51 | 1:01:57 |
| 000 00 | 3.25 | 19:51 | 6:06 | 8 | 3:56 | 64 | 5:59 | 42.25 | 3:53:22 | 5:31 | 4 | 30:37 | 51 | 1:07:33 |