



# 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

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	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