



12. Kristall-Marathon

Merkers / 18.02.2018

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DEMPEWOLF, Eike

□□: LG Fastflitzer Osterwald

□□: 628

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:54:06

□□: 10.76 km/h

□□□□: 5:32 min/km

□□□□□/□□□: 56 (of 168)

□□□□□/□: 52 (of 144)

□□□□□□: 2:45:49

□□□□□: 8(of 25)

□□□□□□□: 3:13:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:09	5:16	13	3:14	74	6:15	3.25	17:09	5:16	13	3:14	74	6:15	
□□ 2	3.25	16:50	5:10	11	3:10	60	5:03	6.50	33:59	5:13	11	6:24	72	11:18	
□□ 3	3.25	17:00	5:13	13	3:15	65	4:35	9.75	50:59	5:13	10	9:39	68	15:53	
□□ 4	3.25	17:07	5:15	10	3:04	60	4:30	13.00	1:08:06	5:14	10	12:43	64	20:23	
□□ 5	3.25	17:27	5:22	10	3:00	63	5:07	16.25	1:25:33	5:15	9	15:43	61	25:30	
□□ 6	3.25	18:05	5:33	14	3:46	74	5:41	19.50	1:43:38	5:18	11	19:29	64	31:11	
□□ 7	3.25	17:29	5:22	9	3:08	52	4:41	22.75	2:01:07	5:19	9	22:37	60	35:52	
□□ 8	3.25	18:09	5:35	10	3:39	57	5:20	26.00	2:19:16	5:21	9	26:16	61	41:12	
□□ 9	3.25	17:55	5:30	8	3:00	44	4:47	29.25	2:37:11	5:22	9	29:16	57	45:54	
□□ 10	3.25	18:41	5:44	10	3:16	52	5:51	32.50	2:55:52	5:24	9	32:15	54	51:45	
□□ 11	3.25	18:59	5:50	7	3:25	48	5:29	35.75	3:14:51	5:27	8	35:02	55	57:14	
□□ 12	3.25	19:40	6:03	10	4:13	52	5:43	39.00	3:34:31	5:30	8	37:55	54	1:02:57	
□□□ □□	3.25	19:35	6:01	11	4:49	58	5:43	42.25	3:54:06	5:32	8	40:38	52	1:08:17	