



12. Kristall-Marathon

Merkers / 18.02.2018

0000

LUKSCH, Marcus

00: -

00: 718

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:07:08

00: 10.20 km/h

0000: 5:51 min/km

00000/0000: 75 (of 168)

00000/0: 70 (of 144)

000000: 2:45:49

00000: 16(of 29)

0000000: 2:56:23

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	20:03	6:10	26	7:06	130	9:09	3.25	20:03	6:10	26	7:06	130	9:09
00 2	3.25	21:37	6:39	28	8:37	142	9:50	6.50	41:40	6:24	27	15:43	138	18:59
00 3	3.25	18:06	5:34	22	5:00	89	5:41	9.75	59:46	6:07	25	20:43	124	24:40
00 4	3.25	18:26	5:40	21	4:48	96	5:49	13.00	1:18:12	6:00	24	25:31	114	30:29
00 5	3.25	18:35	5:43	21	4:56	93	6:15	16.25	1:36:47	5:57	23	30:27	111	36:44
00 6	3.25	18:31	5:41	20	4:50	85	6:07	19.50	1:55:18	5:54	23	35:17	107	42:51
00 7	3.25	18:43	5:45	19	5:17	79	5:55	22.75	2:14:01	5:53	23	40:34	103	48:46
00 8	3.25	18:55	5:49	18	5:21	69	6:06	26.00	2:32:56	5:52	22	45:55	100	54:52
00 9	3.25	18:40	5:44	15	5:13	56	5:32	29.25	2:51:36	5:51	21	51:08	94	1:00:19
00 10	3.25	19:00	5:50	15	5:22	55	6:10	32.50	3:10:36	5:51	19	56:30	88	1:06:29
00 11	3.25	18:39	5:44	11	4:28	42	5:09	35.75	3:29:15	5:51	19	1:00:58	82	1:11:38
00 12	3.25	18:36	5:43	10	4:22	40	4:39	39.00	3:47:51	5:50	17	1:05:20	74	1:16:17
000 00	3.25	19:17	5:56	11	5:25	51	5:25	42.25	4:07:08	5:50	16	1:10:45	70	1:21:19