



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

GRUCHMANN, Robert

□□: Bohnsdorfer DEAF RUNNER

□□: 652

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:20:02

□□: 9.69 km/h

□□□□: 6:09 min/km

□□□□□/□□□: 95 (of 168)

□□□□□/□: 86 (of 144)

□□□□□□: 2:45:49

□□□□□: 20(of 29)

□□□□□□□: 2:56:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:41	5:44	23	5:44	110	7:47	3.25	18:41	5:44	23	5:44	110	7:47	
□□ 2	3.25	18:19	5:38	21	5:19	101	6:32	6.50	37:00	5:41	21	11:03	106	14:19	
□□ 3	3.25	17:59	5:31	21	4:53	85	5:34	9.75	54:59	5:38	21	15:56	101	19:53	
□□ 4	3.25	18:30	5:41	22	4:52	97	5:53	13.00	1:13:29	5:39	21	20:48	97	25:46	
□□ 5	3.25	18:36	5:43	22	4:57	94	6:16	16.25	1:32:05	5:39	21	25:45	95	32:02	
□□ 6	3.25	18:42	5:45	21	5:01	88	6:18	19.50	1:50:47	5:40	21	30:46	95	38:20	
□□ 7	3.25	19:00	5:50	21	5:34	87	6:12	22.75	2:09:47	5:42	20	36:20	90	44:32	
□□ 8	3.25	19:35	6:01	19	6:01	79	6:46	26.00	2:29:22	5:44	20	42:21	89	51:18	
□□ 9	3.25	20:09	6:11	18	6:42	75	7:01	29.25	2:49:31	5:47	20	49:03	87	58:14	
□□ 10	3.25	22:19	6:51	19	8:41	97	9:29	32.50	3:11:50	5:54	20	57:44	89	1:07:43	
□□ 11	3.25	21:19	6:33	17	7:08	77	7:49	35.75	3:33:09	5:57	20	1:04:52	88	1:15:32	
□□ 12	3.25	23:34	7:15	19	9:20	99	9:37	39.00	3:56:43	6:04	20	1:14:12	86	1:25:09	
□□□ □□	3.25	23:19	7:10	20	9:27	101	9:27	42.25	4:20:02	6:09	20	1:23:39	86	1:34:13	