



12. Kristall-Marathon

Merkers / 18.02.2018

0000

HAU, Bernd

00: -

00: 662

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 4:22:15

00: 9.67 km/h

0000: 6:13 min/km

00000/000: 98 (of 168)

00000/0: 89 (of 144)

000000: 2:45:49

00000: 15(of 25)

0000000: 3:13:28

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	17:54	5:30	16	3:59	94	7:00	3.25	17:54	5:30	16	3:59	94	7:00
00 2	3.25	17:56	5:31	19	4:16	94	6:09	6.50	35:50	5:30	18	8:15	97	13:09
00 3	3.25	18:16	5:37	18	4:31	92	5:51	9.75	54:06	5:32	19	12:46	94	19:00
00 4	3.25	18:53	5:48	18	4:50	101	6:16	13.00	1:12:59	5:36	18	17:36	95	25:16
00 5	3.25	18:31	5:41	18	4:04	92	6:11	16.25	1:31:30	5:37	18	21:40	93	31:27
00 6	3.25	19:09	5:53	18	4:50	95	6:45	19.50	1:50:39	5:40	18	26:30	94	38:12
00 7	3.25	19:41	6:03	17	5:20	93	6:53	22.75	2:10:20	5:43	17	31:50	95	45:05
00 8	3.25	20:47	6:23	16	6:17	95	7:58	26.00	2:31:07	5:48	17	38:07	96	53:03
00 9	3.25	21:28	6:36	18	6:33	96	8:20	29.25	2:52:35	5:54	17	44:40	95	1:01:18
00 10	3.25	22:26	6:54	16	7:01	100	9:36	32.50	3:15:01	6:00	17	51:24	93	1:10:54
00 11	3.25	22:20	6:52	15	6:46	91	8:50	35.75	3:37:21	6:04	15	57:32	91	1:19:44
00 12	3.25	23:26	7:12	18	7:59	97	9:29	39.00	4:00:47	6:10	15	1:04:11	92	1:29:13
000 00	3.25	21:28	6:36	16	6:42	82	7:36	42.25	4:22:15	6:12	15	1:08:47	89	1:36:26