



12. Kristall-Marathon

Merkers / 18.02.2018

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RÜPING, Uwe

□□: Lauf Team Unna

□□: 770

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:24:48

□□: 9.52 km/h

□□□□: 6:16 min/km

□□□□□/□□□□: 103 (of 168)

□□□□□/□: 93 (of 144)

□□□□□□: 2:45:49

□□□□□: 16(of 25)

□□□□□□□: 3:13:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:59	6:08	24	6:04	126	9:05	3.25	19:59	6:08	24	6:04	126	9:05	
□□ 2	3.25	20:04	6:10	21	6:24	124	8:17	6.50	40:03	6:09	22	12:28	125	17:22	
□□ 3	3.25	19:29	5:59	21	5:44	114	7:04	9.75	59:32	6:06	21	18:12	122	24:26	
□□ 4	3.25	19:24	5:58	20	5:21	110	6:47	13.00	1:18:56	6:04	21	23:33	121	31:13	
□□ 5	3.25	20:47	6:23	20	6:20	120	8:27	16.25	1:39:43	6:08	21	29:53	116	39:40	
□□ 6	3.25	20:23	6:16	20	6:04	112	7:59	19.50	2:00:06	6:09	21	35:57	114	47:39	
□□ 7	3.25	20:35	6:19	18	6:14	106	7:47	22.75	2:20:41	6:11	19	42:11	112	55:26	
□□ 8	3.25	22:14	6:50	21	7:44	114	9:25	26.00	2:42:55	6:15	19	49:55	114	1:04:51	
□□ 9	3.25	21:01	6:28	15	6:06	87	7:53	29.25	3:03:56	6:17	19	56:01	111	1:12:39	
□□ 10	3.25	20:00	6:09	12	4:35	70	7:10	32.50	3:23:56	6:16	18	1:00:19	109	1:19:49	
□□ 11	3.25	20:21	6:15	12	4:47	66	6:51	35.75	3:44:17	6:16	18	1:04:28	105	1:26:40	
□□ 12	3.25	21:19	6:33	14	5:52	68	7:22	39.00	4:05:36	6:17	17	1:09:00	100	1:34:02	
□□□ □□	3.25	19:12	5:54	8	4:26	47	5:20	42.25	4:24:48	6:16	16	1:11:20	93	1:38:59	