



12. Kristall-Marathon

Merkers / 18.02.2018

0000

UHRICH, Ingmar

00: Lauf Team Unna

00: 811

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:24:49

00: 9.52 km/h

0000: 6:16 min/km

00000/0000: 104 (of 168)

00000/0: 94 (of 144)

000000: 2:45:49

00000: 14(of 20)

0000000: 3:22:45

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	19:59	6:08	18	4:54	126	9:05	3.25	19:59	6:08	18	4:54	126	9:05
00 2	3.25	20:04	6:10	16	5:08	124	8:17	6.50	40:03	6:09	16	10:02	125	17:22
00 3	3.25	19:29	5:59	16	4:29	114	7:04	9.75	59:32	6:06	16	14:31	122	24:26
00 4	3.25	19:24	5:58	15	4:21	110	6:47	13.00	1:18:56	6:04	16	18:52	121	31:13
00 5	3.25	20:47	6:23	17	5:42	120	8:27	16.25	1:39:43	6:08	16	24:34	116	39:40
00 6	3.25	20:24	6:16	14	4:57	113	8:00	19.50	2:00:07	6:09	16	29:31	115	47:40
00 7	3.25	20:35	6:19	14	5:12	106	7:47	22.75	2:20:42	6:11	16	34:43	114	55:27
00 8	3.25	22:14	6:50	15	6:21	114	9:25	26.00	2:42:56	6:15	16	41:04	115	1:04:52
00 9	3.25	21:00	6:27	13	5:24	86	7:52	29.25	3:03:56	6:17	15	46:28	111	1:12:39
00 10	3.25	20:00	6:09	8	3:36	70	7:10	32.50	3:23:56	6:16	15	50:04	109	1:19:49
00 11	3.25	20:21	6:15	8	4:06	66	6:51	35.75	3:44:17	6:16	15	54:10	105	1:26:40
00 12	3.25	21:19	6:33	9	5:01	68	7:22	39.00	4:05:36	6:17	15	59:11	100	1:34:02
000 00	3.25	19:13	5:54	6	3:18	48	5:21	42.25	4:24:49	6:16	14	1:02:04	94	1:39:00