

## StaffelMarathon Waldbreitbach Tempotabelle

Runde	Länge	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit
1	2495	00:07:06	00:07:23	00:07:41	00:07:59	00:08:17	00:08:34	00:08:52	00:09:10	00:09:28	00:09:45	00:10:03	00:10:21	00:10:39
2	4480	00:12:44	00:13:16	00:13:48	00:14:20	00:14:52	00:15:24	00:15:56	00:16:27	00:16:59	00:17:31	00:18:03	00:18:35	00:19:07
3	6465	00:18:23	00:19:09	00:19:55	00:20:41	00:21:27	00:22:13	00:22:59	00:23:45	00:24:31	00:25:17	00:26:03	00:26:49	00:27:35
4	8450	00:24:02	00:25:02	00:26:02	00:27:02	00:28:02	00:29:02	00:30:02	00:31:02	00:32:03	00:33:03	00:34:03	00:35:03	00:36:03
5	10435	00:29:41	00:30:55	00:32:09	00:33:23	00:34:37	00:35:52	00:37:06	00:38:20	00:39:34	00:40:48	00:42:03	00:43:17	00:44:31
6	12420	00:35:19	00:36:48	00:38:16	00:39:44	00:41:13	00:42:41	00:44:09	00:45:37	00:47:06	00:48:34	00:50:02	00:51:31	00:52:59
7	14405	00:40:58	00:42:40	00:44:23	00:46:05	00:47:48	00:49:30	00:51:13	00:52:55	00:54:37	00:56:20	00:58:02	00:59:45	01:01:27
8	16390	00:46:37	00:48:33	00:50:30	00:52:26	00:54:23	00:56:19	00:58:16	01:00:12	01:02:09	01:04:06	01:06:02	01:07:59	01:09:55
9	18375	00:52:15	00:54:26	00:56:37	00:58:47	01:00:58	01:03:09	01:05:19	01:07:30	01:09:41	01:11:51	01:14:02	01:16:13	01:18:23
10	20360	00:57:54	01:00:19	01:02:44	01:05:08	01:07:33	01:09:58	01:12:23	01:14:47	01:17:12	01:19:37	01:22:02	01:24:26	01:26:51
11	22345	01:03:33	01:06:12	01:08:51	01:11:29	01:14:08	01:16:47	01:19:26	01:22:05	01:24:44	01:27:23	01:30:02	01:32:40	01:35:19
12	24330	01:09:12	01:12:05	01:14:58	01:17:51	01:20:44	01:23:36	01:26:29	01:29:22	01:32:15	01:35:08	01:38:01	01:40:54	01:43:47
13	26315	01:14:50	01:17:57	01:21:04	01:24:12	01:27:19	01:30:26	01:33:33	01:36:40	01:39:47	01:42:54	01:46:01	01:49:08	01:52:15
14	28300	01:20:29	01:23:50	01:27:11	01:30:33	01:33:54	01:37:15	01:40:36	01:43:57	01:47:19	01:50:40	01:54:01	01:57:22	02:00:44
15	30285	01:26:08	01:29:43	01:33:18	01:36:54	01:40:29	01:44:04	01:47:40	01:51:15	01:54:50	01:58:26	02:02:01	02:05:36	02:09:12
16	32270	01:31:46	01:35:36	01:39:25	01:43:15	01:47:04	01:50:54	01:54:43	01:58:32	02:02:22	02:06:11	02:10:01	02:13:50	02:17:40
17	34255	01:37:25	01:41:29	01:45:32	01:49:36	01:53:39	01:57:43	02:01:46	02:05:50	02:09:54	02:13:57	02:18:01	02:22:04	02:26:08
18	36240	01:43:04	01:47:22	01:51:39	01:55:57	02:00:15	02:04:32	02:08:50	02:13:07	02:17:25	02:21:43	02:26:00	02:30:18	02:34:36
19	38225	01:48:43	01:53:14	01:57:46	02:02:18	02:06:50	02:11:21	02:15:53	02:20:25	02:24:57	02:29:29	02:34:00	02:38:32	02:43:04
20	40210	01:54:21	01:59:07	02:03:53	02:08:39	02:13:25	02:18:11	02:22:57	02:27:42	02:32:28	02:37:14	02:42:00	02:46:46	02:51:32
<b>21</b>	<b>42195</b>	<b>02:00:00</b>	<b>02:05:00</b>	<b>02:10:00</b>	<b>02:15:00</b>	<b>02:20:00</b>	<b>02:25:00</b>	<b>02:30:00</b>	<b>02:35:00</b>	<b>02:40:00</b>	<b>02:45:00</b>	<b>02:50:00</b>	<b>02:55:00</b>	<b>03:00:00</b>
je normale Runde	<b>1985</b>	<b>00:05:39</b>	<b>00:05:53</b>	<b>00:06:07</b>	<b>00:06:21</b>	<b>00:06:35</b>	<b>00:06:49</b>	<b>00:07:03</b>	<b>00:07:18</b>	<b>00:07:32</b>	<b>00:07:46</b>	<b>00:08:00</b>	<b>00:08:14</b>	<b>00:08:28</b>

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Runde	Länge	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit
1	2495	00:10:56	00:11:14	00:11:32	00:11:50	00:12:07	00:12:25	00:12:43	00:13:01	00:13:18	00:13:36	00:13:54	00:14:11	00:14:29
2	4480	00:19:39	00:20:10	00:20:42	00:21:14	00:21:46	00:22:18	00:22:50	00:23:21	00:23:53	00:24:25	00:24:57	00:25:29	00:26:01
3	6465	00:28:21	00:29:07	00:29:53	00:30:39	00:31:25	00:32:11	00:32:57	00:33:42	00:34:28	00:35:14	00:36:00	00:36:46	00:37:32
4	8450	00:37:03	00:38:03	00:39:03	00:40:03	00:41:03	00:42:03	00:43:03	00:44:03	00:45:04	00:46:04	00:47:04	00:48:04	00:49:04
5	10435	00:45:45	00:46:59	00:48:13	00:49:28	00:50:42	00:51:56	00:53:10	00:54:24	00:55:39	00:56:53	00:58:07	00:59:21	01:00:35
6	12420	00:54:27	00:55:56	00:57:24	00:58:52	01:00:20	01:01:49	01:03:17	01:04:45	01:06:14	01:07:42	01:09:10	01:10:39	01:12:07
7	14405	01:03:09	01:04:52	01:06:34	01:08:17	01:09:59	01:11:42	01:13:24	01:15:06	01:16:49	01:18:31	01:20:14	01:21:56	01:23:38
8	16390	01:11:52	01:13:48	01:15:45	01:17:41	01:19:38	01:21:34	01:23:31	01:25:27	01:27:24	01:29:20	01:31:17	01:33:13	01:35:10
9	18375	01:20:34	01:22:44	01:24:55	01:27:06	01:29:16	01:31:27	01:33:38	01:35:48	01:37:59	01:40:10	01:42:20	01:44:31	01:46:42
10	20360	01:29:16	01:31:41	01:34:06	01:36:30	01:38:55	01:41:20	01:43:45	01:46:09	01:48:34	01:50:59	01:53:24	01:55:48	01:58:13
11	22345	01:37:58	01:40:37	01:43:16	01:45:55	01:48:34	01:51:13	01:53:51	01:56:30	01:59:09	02:01:48	02:04:27	02:07:06	02:09:45
12	24330	01:46:40	01:49:33	01:52:26	01:55:19	01:58:12	02:01:05	02:03:58	02:06:51	02:09:44	02:12:37	02:15:30	02:18:23	02:21:16
13	26315	01:55:23	01:58:30	02:01:37	02:04:44	02:07:51	02:10:58	02:14:05	02:17:12	02:20:19	02:23:26	02:26:33	02:29:41	02:32:48
14	28300	02:04:05	02:07:26	02:10:47	02:14:08	02:17:30	02:20:51	02:24:12	02:27:33	02:30:54	02:34:16	02:37:37	02:40:58	02:44:19
15	30285	02:12:47	02:16:22	02:19:58	02:23:33	02:27:08	02:30:44	02:34:19	02:37:54	02:41:29	02:45:05	02:48:40	02:52:15	02:55:51
16	32270	02:21:29	02:25:19	02:29:08	02:32:57	02:36:47	02:40:36	02:44:26	02:48:15	02:52:05	02:55:54	02:59:43	03:03:33	03:07:22
17	34255	02:30:11	02:34:15	02:38:18	02:42:22	02:46:25	02:50:29	02:54:33	02:58:36	03:02:40	03:06:43	03:10:47	03:14:50	03:18:54
18	36240	02:38:53	02:43:11	02:47:29	02:51:46	02:56:04	03:00:22	03:04:39	03:08:57	03:13:15	03:17:32	03:21:50	03:26:08	03:30:25
19	38225	02:47:36	02:52:07	02:56:39	03:01:11	03:05:43	03:10:15	03:14:46	03:19:18	03:23:50	03:28:22	03:32:53	03:37:25	03:41:57
20	40210	02:56:18	03:01:04	03:05:50	03:10:35	03:15:21	03:20:07	03:24:53	03:29:39	03:34:25	03:39:11	03:43:57	03:48:43	03:53:28
<b>21</b>	<b>42195</b>	<b>03:05:00</b>	<b>03:10:00</b>	<b>03:15:00</b>	<b>03:20:00</b>	<b>03:25:00</b>	<b>03:30:00</b>	<b>03:35:00</b>	<b>03:40:00</b>	<b>03:45:00</b>	<b>03:50:00</b>	<b>03:55:00</b>	<b>04:00:00</b>	<b>04:05:00</b>
je normale Runde	<b>1985</b>	<b>00:08:42</b>	<b>00:08:56</b>	<b>00:09:10</b>	<b>00:09:25</b>	<b>00:09:39</b>	<b>00:09:53</b>	<b>00:10:07</b>	<b>00:10:21</b>	<b>00:10:35</b>	<b>00:10:49</b>	<b>00:11:03</b>	<b>00:11:17</b>	<b>00:11:32</b>

## StaffelMarathon Waldbreitbach Tempotabelle

Runde	Länge	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit	Zeit
1	2495	00:14:47	00:15:05	00:15:22	00:15:40	00:15:58	00:16:16	00:16:33	00:16:51	00:17:09	00:17:27	00:17:44
2	4480	00:26:33	00:27:04	00:27:36	00:28:08	00:28:40	00:29:12	00:29:44	00:30:16	00:30:47	00:31:19	00:31:51
3	6465	00:38:18	00:39:04	00:39:50	00:40:36	00:41:22	00:42:08	00:42:54	00:43:40	00:44:26	00:45:12	00:45:58
4	8450	00:50:04	00:51:04	00:52:04	00:53:04	00:54:04	00:55:04	00:56:04	00:57:04	00:58:05	00:59:05	01:00:05
5	10435	01:01:50	01:03:04	01:04:18	01:05:32	01:06:46	01:08:01	01:09:15	01:10:29	01:11:43	01:12:57	01:14:11
6	12420	01:13:35	01:15:04	01:16:32	01:18:00	01:19:28	01:20:57	01:22:25	01:23:53	01:25:22	01:26:50	01:28:18
7	14405	01:25:21	01:27:03	01:28:46	01:30:28	01:32:11	01:33:53	01:35:35	01:37:18	01:39:00	01:40:43	01:42:25
8	16390	01:37:07	01:39:03	01:41:00	01:42:56	01:44:53	01:46:49	01:48:46	01:50:42	01:52:39	01:54:35	01:56:32
9	18375	01:48:52	01:51:03	01:53:13	01:55:24	01:57:35	01:59:45	02:01:56	02:04:07	02:06:17	02:08:28	02:10:39
10	20360	02:00:38	02:03:03	02:05:27	02:07:52	02:10:17	02:12:42	02:15:06	02:17:31	02:19:56	02:22:21	02:24:45
11	22345	02:12:23	02:15:02	02:17:41	02:20:20	02:22:59	02:25:38	02:28:17	02:30:56	02:33:34	02:36:13	02:38:52
12	24330	02:24:09	02:27:02	02:29:55	02:32:48	02:35:41	02:38:34	02:41:27	02:44:20	02:47:13	02:50:06	02:52:59
13	26315	02:35:55	02:39:02	02:42:09	02:45:16	02:48:23	02:51:30	02:54:37	02:57:44	03:00:52	03:03:59	03:07:06
14	28300	02:47:40	02:51:02	02:54:23	02:57:44	03:01:05	03:04:26	03:07:48	03:11:09	03:14:30	03:17:51	03:21:13
15	30285	02:59:26	03:03:01	03:06:37	03:10:12	03:13:47	03:17:23	03:20:58	03:24:33	03:28:09	03:31:44	03:35:19
16	32270	03:11:12	03:15:01	03:18:51	03:22:40	03:26:29	03:30:19	03:34:08	03:37:58	03:41:47	03:45:37	03:49:26
17	34255	03:22:57	03:27:01	03:31:04	03:35:08	03:39:12	03:43:15	03:47:19	03:51:22	03:55:26	03:59:29	04:03:33
18	36240	03:34:43	03:39:01	03:43:18	03:47:36	03:51:54	03:56:11	04:00:29	04:04:47	04:09:04	04:13:22	04:17:40
19	38225	03:46:29	03:51:00	03:55:32	04:00:04	04:04:36	04:09:08	04:13:39	04:18:11	04:22:43	04:27:15	04:31:46
20	40210	03:58:14	04:03:00	04:07:46	04:12:32	04:17:18	04:22:04	04:26:50	04:31:36	04:36:21	04:41:07	04:45:53
<b>21</b>	<b>42195</b>	<b>04:10:00</b>	<b>04:15:00</b>	<b>04:20:00</b>	<b>04:25:00</b>	<b>04:30:00</b>	<b>04:35:00</b>	<b>04:40:00</b>	<b>04:45:00</b>	<b>04:50:00</b>	<b>04:55:00</b>	<b>05:00:00</b>
je normale Runde	<b>1985</b>	<b>00:11:46</b>	<b>00:12:00</b>	<b>00:12:14</b>	<b>00:12:28</b>	<b>00:12:42</b>	<b>00:12:56</b>	<b>00:13:10</b>	<b>00:13:24</b>	<b>00:13:39</b>	<b>00:13:53</b>	<b>00:14:07</b>