

2003

2003	Januar			Februar			März			April			Mai			Juni		
1		00:00	1		00:00	1		00:00	1		00:00	1		00:00	1		00:00	1
2		00:00	2		00:00	2		00:00	2		00:00	2		00:00	2		00:00	2
3		00:00	3		00:00	3		00:00	3		00:00	3		00:00	3		00:00	3
4		00:00	4		00:00	4		00:00	4		00:00	4		00:00	4		00:00	4
5		00:00	5		00:00	5		00:00	5		00:00	5		00:00	5		00:00	5
6		00:00	6		00:00	6		00:00	6		00:00	6		00:00	6		00:00	6
7		00:00	7		00:00	7		00:00	7		00:00	7		00:00	7		00:00	7
8		00:00	8		00:00	8		00:00	8		00:00	8		00:00	8		00:00	8
9		00:00	9		00:00	9		00:00	9		00:00	9		00:00	9		00:00	9
10		00:00	10		00:00	10		00:00	10		00:00	10		00:00	10		00:00	10
11		00:00	11		00:00	11		00:00	11		00:00	11		00:00	11		00:00	11
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14		00:00	14		00:00	14		00:00	14		00:00	14		00:00	14		00:00	14
15		00:00	15		00:00	15		00:00	15		00:00	15		00:00	15		00:00	15
16		00:00	16		00:00	16		00:00	16		00:00	16		00:00	16		00:00	16
17		00:00	17		00:00	17		00:00	17		00:00	17		00:00	17		00:00	17
18		00:00	18		00:00	18		00:00	18		00:00	18		00:00	18		00:00	18
19		00:00	19		00:00	19		00:00	19		00:00	19		00:00	19		00:00	19
20		00:00	20		00:00	20		00:00	20		00:00	20		00:00	20		00:00	20
21		00:00	21		00:00	21		00:00	21		00:00	21		00:00	21		00:00	21
22		00:00	22		00:00	22		00:00	22		00:00	22		00:00	22		00:00	22
23		00:00	23		00:00	23		00:00	23		00:00	23		00:00	23		00:00	23
24		00:00	24		00:00	24		00:00	24		00:00	24		00:00	24		00:00	24
25		00:00	25		00:00	25		00:00	25		00:00	25		00:00	25		00:00	25
26		00:00	26		00:00	26		00:00	26		00:00	26		00:00	26		00:00	26
27		00:00	27		00:00	27		00:00	27		00:00	27		00:00	27		00:00	27
28		00:00	28		00:00	28		00:00	28		00:00	28		00:00	28		00:00	28
29		00:00	29		00:00	29		00:00	29		00:00	29		00:00	29		00:00	29
30		00:00	30		00:00	30		00:00	30		00:00	30		00:00	30		00:00	30
31		00:00	31		00:00	31		00:00	31		00:00	31		00:00	31		00:00	31
	0	00:00:00	00:00	0	00:00:00	00:00	0	00:00:00	00:00	0	00:00:00	00:00	0	00:00:00	00:00	0	00:00:00	00:00
	0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00		0	00:00:00	

Gesamtkilometer: 210
Gesamtzeit: 16:38:29

Gesam
Gesam

Zeit pro km: 04:45

Zeit pr

2004

2004	Januar			Februar			März			April			Mai			Juni												
1		00:00	1		00:00	1		00:00	1	11	00:46:30	04:14	1		00:00	1		00:00	1									
2		00:00	2		00:00	2		00:00	2		00:00	00:00	2		00:00	2		00:00	2									
3		00:00	3		00:00	3		00:00	3		00:00	00:00	3	11	00:45:31	04:08	3		00:00	3								
4	10	00:47:44	04:47	4		00:00	4		00:00	4	21	01:39:02	04:43	4	11	00:46:40	04:15	4		00:00	4							
5		00:00	5		00:00	5		00:00	5		00:00	00:00	5		00:00	5	10	00:45:25	04:33	5		00:00	5					
6		00:00	6		00:00	6		00:00	6		00:00	00:00	6		00:00	6		00:00	6		00:00	6		00:00	6			
7		00:00	7		00:00	7	10	00:45:29	04:33	7		00:00	00:00	7		00:00	7		00:00	7		00:00	7		00:00	7		
8		00:00	8		00:00	8		00:00	8		00:00	00:00	8		00:00	8		00:00	8		00:00	8		00:00	8			
9		00:00	9		00:00	9		00:00	9	10	00:44:02	04:24	9	14	01:02:57	04:30	9		00:00	9		00:00	9		00:00	9		
10		00:00	10		00:00	10		00:00	10	10	00:43:29	04:21	10	11	00:48:31	04:25	10	10	00:44:42	04:28	10		00:00	10		00:00	10	
11	10	00:49:10	04:55	11		00:00	11		00:00	11	10	00:43:36	04:22	11		00:00	11		00:00	11		00:00	11		00:00	11		
12		00:00	12		00:00	12		00:00	12		00:00	00:00	12		00:00	12		00:00	12		00:00	12		00:00	12		00:00	12
13		00:00	13		00:00	13		00:00	13		00:00	00:00	13		00:00	13		10	00:44:27	04:27	13		00:00	13		00:00	13	
14		00:00	14		00:00	14	10	00:46:37	04:40	14		00:00	00:00	14		00:00	14		00:00	14		00:00	14		00:00	14		
15		00:00	15		00:00	15	11	00:46:32	04:14	15	11	00:45:05	04:06	15		00:00	15		00:00	15		00:00	15		00:00	15		
16		00:00	16		00:00	16		00:00	16		00:00	00:00	16		00:00	16		00:00	16		00:00	16		00:00	16		00:00	16
17		00:00	17		00:00	17		00:00	17		00:00	00:00	17	10	00:45:33	04:34	17		00:00	17		00:00	17		00:00	17		
18	10	00:45:29	04:33	18	10	00:46:04	04:37	18		00:00	18	10	00:43:40	04:22	18	14	01:01:14	04:23	18		00:00	18		00:00	18		00:00	18

2003

Juli			August			September			Oktober			November			Dezember							
	00:00	1		00:00	1		00:00	1		00:00	1		00:00	1		00:00						
	00:00	2		00:00	2		00:00	2		00:00	2	10	00:47:05	04:43	2		00:00					
	00:00	3		00:00	3		00:00	3		00:00	3			00:00	3		00:00					
	00:00	4		00:00	4		00:00	4		00:00	4			00:00	4		00:00					
	00:00	5		00:00	5		00:00	5	8,5	00:40:51	04:49	5		00:00	5		00:00					
	00:00	6		00:00	6		00:00	6		00:00	00:00	6		00:00	6		00:00					
	00:00	7		00:00	7	8,5	00:41:58	04:57		00:00	00:00	7		00:00	7		00:00					
	00:00	8		00:00	8		00:00	00:00		00:00	00:00	8		00:00	8		00:00					
	00:00	9		00:00	9		00:00	00:00		00:00	00:00	9		00:00	9		00:00					
	00:00	10		00:00	10		00:00	00:00		00:00	00:00	10		00:00	10		00:00					
	00:00	11		00:00	11	8,5	00:43:18	05:06		00:00	00:00	11		00:00	11		00:00					
	00:00	12		00:00	12		00:00	00:00		8,5	00:39:23	04:38		00:00	12		00:00					
	00:00	13		00:00	13		00:00	00:00		00:00	00:00	13		00:00	13		00:00					
	00:00	14	8,5	00:44:12	05:12	14	8,5	00:40:55	04:49		00:00	14		00:00	14		00:00					
	00:00	15		00:00	15		00:00	00:00		00:00	00:00	15		00:00	15		00:00					
	00:00	16		00:00	16		00:00	00:00		00:00	00:00	16	10	00:45:28	04:33	16	00:00					
	00:00	17	8,5	00:41:27	04:53	17		00:00	00:00	00:00	00:00	17		00:00	17		00:00					
	00:00	18		00:00	18	8,5	00:42:06	04:58		00:00	00:00	18		00:00	18		00:00					
	00:00	19		00:00	19		00:00	00:00		00:00	00:00	19		00:00	19		00:00					
	00:00	20		00:00	20		00:00	00:00		00:00	00:00	20		00:00	20		00:00					
	00:00	21	8,5	00:42:56	05:03	21		00:00	00:00	00:00	00:00	21		00:00	21	10	00:46:48	04:41				
	00:00	22		00:00	22		00:00	00:00		00:00	00:00	22		00:00	22		00:00					
	00:00	23		00:00	23		00:00	00:00		00:00	00:00	23		00:00	23	10	00:44:47	04:29				
	00:00	24		00:00	24		00:00	00:00		00:00	00:00	24		00:00	24		00:00					
	00:00	25		00:00	25		00:00	00:00		00:00	00:00	25		00:00	25	10	00:45:47	04:35				
	00:00	26	8,5	00:41:51	04:56	26		00:00	00:00	10	00:45:51	04:35		00:00	26		00:00					
	00:00	27		00:00	27		00:00	00:00		00:00	00:00	27		00:00	27		00:00					
	00:00	28		00:00	28	8,5	00:40:28	04:46		00:00	00:00	28		00:00	28	20	01:34:50	04:45				
	00:00	29		00:00	29		00:00	00:00		00:00	00:00	29		00:00	29		00:00					
	00:00	30	8,5	00:41:12	04:51	30		00:00	00:00	00:00	00:00	30	10	00:44:46	04:29	30		00:00				
	00:00	31	4	00:18:00	04:31			00:00	00:00	00:00	00:00	31		00:00	31	14	01:04:30	04:37				
0	00:00:00	00:00		46,5	03:49:38	04:56		42,5	03:28:45	04:55		27	02:06:05	04:40		30	02:17:19	04:35		64	04:56:42	04:38
0	00:00:00			46,5	03:49:38	04:56		89	07:18:23	04:56		116	09:24:28	04:52		146	11:41:47	04:48		210	16:38:29	04:45

ntkilometer: 210
ntzeit: 16:38:29

seit 2003 210 16:38:29 04:45

o km: 04:45

2004

Juli			August			September			Oktober			November			Dezember				
	00:00	1	20	01:36:45	04:50	1		00:00	1	11	00:46:16	04:13	1	10	00:46:47	04:41	1		00:00
11	00:47:37	2			00:00	2	11	00:45:36	04:09	2		00:00	2		00:00	00:00	2		00:00
	00:00	3			00:00	3	11	00:46:14	04:12	3	14	01:02:19	04:27	3		00:00	3		00:00
14	01:04:22	4	14	01:02:53	04:30	4		00:00	4		00:00	00:00	4		00:00	00:00	4		00:00
	00:00	5			00:00	5	14	00:59:41	04:16	5	11	00:46:06	04:12	5		00:00	5		00:00
	00:00	6	14	01:03:55	04:34	6	11	00:45:43	04:10	6		00:00	00:00	6		00:00	6		00:00
14	01:03:22	7			00:00	7	11	00:48:19	04:24	7	11	00:46:39	04:15	7	14	01:01:40	04:24	7	00:00
	00:00	8			00:00	8		00:00	00:00	8	11	00:47:22	04:19	8		00:00	00:00	8	00:00
	00:00	9	10	00:49:42	04:58	9	11	00:45:24	04:08	9		00:00	00:00	9	10	00:46:22	04:38	9	00:00
10	00:47:09	10	11	00:48:58	04:27	10	11	00:44:08	04:01	10	13	00:57:00	04:23	10		00:00	00:00	10	00:00
14	01:05:17	11			00:00	11		00:00	00:00	11		00:00	00:00	11	10	00:45:38	04:34	11	00:00
	00:00	12	14	01:02:50	04:29	12	18	01:18:37	04:22	12		00:00	00:00	12		00:00	00:00	12	00:00
	00:00	13	10	00:45:48	04:35	13	12	00:48:30	04:03	13		00:00	00:00	13		00:00	00:00	13	00:00
11	00:47:01	14			00:00	14		00:00	00:00	14		00:00	00:00	14		00:00	00:00	14	00:00
	00:00	15	18	01:25:25	04:45	15	12	00:48:04	04:01	15		00:00	00:00	15		00:00	00:00	15	00:00
	00:00	16	10	00:48:26	04:51	16		00:00	00:00	16		00:00	00:00	16		00:00	00:00	16	00:00
	00:00	17	11	00:47:58	04:22	17	10	00:42:07	04:13	17	14	00:59:28	04:15	17		00:00	00:00	17	00:00
14	01:04:54	18			00:00	18		00:00	00:00	18		00:00	00:00	18		00:00	00:00	18	00:00

19	00:00	19	11	00:49:04	04:28	19	00:00	00:00	19	00:00	00:00	19	00:00	00:00	19	00:00	00:00	19	00:00	00:00
20	00:00	20	10	00:47:01	04:42	20	00:00	04:35	20	11	00:44:41	04:04	20	00:00	20	14	01:02:32	04:28	20	00:00
21	00:00	21	10	00:47:01	04:42	21	00:00	00:00	21	00:00	00:00	21	00:00	21	11	00:47:33	04:20	21	00:00	04:20
22	00:00	22	11	00:46:30	04:14	22	00:00	04:14	22	00:00	00:00	22	00:00	22	00:00	00:00	00:00	22	00:00	00:00
23	00:00	23	10	00:46:18	04:38	23	00:00	04:38	23	10	00:45:28	04:33	23	00:00	23	10	00:46:57	04:42	23	00:00
24	00:00	24	10	00:46:18	04:38	24	00:00	04:38	24	10	00:43:49	04:23	24	00:00	24	10	00:46:05	04:37	24	00:00
25	00:00	25	10	00:46:18	04:38	25	00:00	04:38	25	10	00:43:49	04:23	25	00:00	25	10	00:46:05	04:37	25	00:00
26	00:00	26	10	00:46:18	04:38	26	00:00	04:38	26	10	00:43:49	04:23	26	00:00	26	10	00:46:05	04:37	26	00:00
27	00:00	27	10	00:46:18	04:38	27	00:00	04:38	27	10	00:43:49	04:23	27	00:00	27	10	00:46:05	04:37	27	00:00
28	00:00	28	10	00:46:18	04:38	28	00:00	04:38	28	10	00:43:49	04:23	28	00:00	28	10	00:46:05	04:37	28	00:00
29	00:00	29	10	00:46:18	04:38	29	00:00	04:38	29	10	00:43:49	04:23	29	00:00	29	10	00:46:05	04:37	29	00:00
30	00:00	30	10	00:46:18	04:38	30	00:00	04:38	30	10	00:43:49	04:23	30	00:00	30	10	00:46:05	04:37	30	00:00
31	00:00	31	10	00:46:18	04:38	31	00:00	04:38	31	10	00:43:49	04:23	31	00:00	31	10	00:46:05	04:37	31	00:00
30	02:22:23	04:45	41	03:09:46	04:38	73	05:23:45	04:26	104	07:33:54	04:22	101	07:27:24	04:26	76	05:37:45	04:27			
30	02:22:23	04:45	71	05:32:09	04:41	144	10:55:54	04:33	248	18:29:48	04:29	349	01:57:12	04:28	425	07:34:57	04:28			

Gesamtkilometer: 1221
Gesamtzeit: 90:53:16

Gesamtkilometer:
Gesamtzeit:

Zeit pro km: 04:28

Zeit pro km:

2005

2005	Januar			Februar			März			April			Mai			Juni							
1		00:00	1		00:00	1		00:00	1		00:00	1	14	01:01:59	04:26	1		00:00	1				
2		00:00	2		00:00	2		00:00	2		00:00	2		00:00	00:00	2	11	00:47:05	04:17	2			
3		00:00	3	11	00:47:08	04:17	3		3	21	01:37:43	04:39	3	11	00:47:02	04:17	3	11	00:47:01	04:17	3		
4		00:00	4		00:00	4		00:00	4		00:00	4		00:00	00:00	4		00:00	00:00	4			
5		00:00	5		00:00	5		00:00	5		00:00	5		00:00	00:00	5	10	00:44:00	04:24	5			
6	11	00:45:34	6		00:00	6	14	01:00:25	6		krank	6		00:00	00:00	6	11	00:45:39	04:09	6			
7		00:00	7		00:00	7	11	00:48:15	7			7		00:00	00:00	7		00:00	00:00	7			
8		00:00	8		00:00	8		00:00	8			8		00:00	00:00	8		00:00	00:00	8			
9		00:00	9		00:00	9		00:00	9			9		00:00	00:00	9	11	00:46:39	04:15	9			
10		00:00	10		00:00	10		00:00	10			10		00:00	00:00	10	11	00:45:46	04:10	10			
11		00:00	11		00:00	11		00:00	11			11		00:00	00:00	11		00:00	00:00	11			
12		00:00	12		00:00	12		00:00	12			12		00:00	00:00	12	11	00:47:16	04:18	12			
13		00:00	13		00:00	13	14	01:01:35	13			13		00:00	00:00	13		00:00	00:00	13			
14		00:00	14		00:00	14		00:00	14			14		00:00	00:00	14		00:00	00:00	14			
15		00:00	15		00:00	15	11	00:46:51	15			15		00:00	00:00	15		00:00	00:00	15			
16	14	01:00:00	16		00:00	16		00:00	16			16		00:00	00:00	16	11	00:46:16	04:13	16			
17	11	00:45:48	17		00:00	17		00:00	17		krank	17		00:00	00:00	17	11	00:46:07	04:12	17			
18		00:00	18		00:00	18	11	00:46:16	18		00:00	18		00:00	00:00	18		00:00	00:00	18			
19		00:00	19		00:00	19		00:00	19	11	00:46:09	04:12	19		00:00	00:00	19	14	00:58:14	04:10	19		
20		00:00	20		00:00	20	14	00:58:55	20		00:00	20	11	00:46:59	04:17	20		00:00	00:00	20			
21		00:00	21	11	00:45:07	04:06	21		21	11	00:46:23	04:13	21		00:00	00:00	21		00:00	00:00	21		
22		00:00	22	11	00:46:14	04:12	22	11	00:44:07	22	11	00:46:36	04:14	22	14	01:00:11	04:18	22	14	00:57:18	04:06	22	
23		00:00	23		00:00	23		00:00	23		00:00	23		00:00	00:00	23		00:00	00:00	23			
24		00:00	24		00:00	24	11	00:44:20	24		00:00	24		00:00	00:00	24		00:00	00:00	24			
25		00:00	25	11	00:46:25	04:13	25	14	01:00:10	25		00:00	25		00:00	00:00	25		00:00	00:00	25		
26		00:00	26		00:00	26		00:00	26		00:00	26		00:00	00:00	26	11	00:47:05	04:17	26			
27		00:00	27	14	01:00:51	04:21	27	20	01:28:57	27		00:00	27	11	00:47:19	04:18	27	11	00:43:48	03:59	27		
28		00:00	28		00:00	28		00:00	28	11	00:46:25	04:13	28		00:00	00:00	28		00:00	00:00	28		
29		00:00	29		00:00	29	11	00:45:37	29		00:00	29		00:00	00:00	29	14	00:59:54	04:17	29			
30		00:00	30		00:00	30		00:00	30		00:00	30		00:00	00:00	30		00:00	00:00	30			
31		00:00	31		00:00	31	11	00:44:52	31		00:00	31		00:00	00:00	31		00:00	00:00	31			
36	02:31:22	04:12	58	04:05:45	04:14	153	10:50:20	04:15	65	04:43:16	04:22	97	06:57:45	04:18	197	13:39:14	04:10						
36	02:31:22	04:12	94	06:37:07	04:14	247	17:27:27	04:14	312	22:10:43	04:16	409	05:08:28	04:17	606	18:47:42	04:14						

1324 seit letztem Halbmarathon

Gesamtkilometer: 1876
Gesamtzeit: 132:58:26

Gesamtkilometer:
Gesamtzeit:

Zeit pro km: 04:15

Zeit pro km:

10	00:46:58	04:42	19		00:00	19	21	01:28:57	04:14	19		00:00	19		00:00	19		00:00
		00:00	20	11	00:48:21	20			00:00	20		00:00	20		00:00	20		00:00
		00:00	21			21	11	00:45:16	04:07	21		00:00	21		00:00	21		00:00
		00:00	22	18	01:27:45	22			00:00	22	10	00:46:02	22		00:00	22		00:00
10	00:45:14	04:32	23	11	00:47:06	23	11	00:45:09	04:06	23		00:00	23		00:00	23		00:00
		00:00	24	11	00:47:27	24			00:00	24	14	01:02:09	24		00:00	24		00:00
10	00:44:27	04:27	25			25			00:00	25		00:00	25		00:00	25		00:00
10	00:43:49	04:23	26	11	00:46:41	26	42	03:30:40	05:01	26		00:00	26		00:00	26		00:00
		00:00	27	10	00:46:42	27			00:00	27	10	00:45:46	27		00:00	27		00:00
10	00:46:50	04:41	28			28			00:00	28		00:00	28		00:00	28		00:00
		00:00	29	28	02:11:19	29			00:00	29		00:00	29		00:00	29		00:00
10	00:46:28	04:39	30			30			00:00	30		00:00	30		00:00	30		00:00
		00:00	31	11	00:45:42	31			00:00	31	14	01:01:08	31		00:00	31		00:00
159	12:01:29	04:32		243	18:33:43	04:35		217	15:42:25	04:21		133	09:40:15	04:22		44	03:20:27	04:33
584	19:36:26	04:29		827	14:10:09	04:31		1044	05:52:34	04:29		1177	15:32:49	04:28		1221	18:53:16	04:28

1165 seit letztem Marathon bzw. vor einem Jahr

ntkilometer: 1221
ntzeit: 09:53:16

seit 2003 1431 11:31:45 04:31

o km: 04:28

2005

Juli			August			September			Oktober			November			Dezember						
10	00:41:42	04:10	1		00:00	1	15	01:01:00	04:04	1		00:00	1		00:00	1		00:00			
		00:00	2	15	01:01:19	2	15	01:01:41	04:07	2		00:00	2		00:00	2	11	00:50:57	04:38		
20	01:26:59	04:21	3		00:00	3	20	01:28:47	04:26	3		04:10	3	11	00:45:45	3		00:00			
11	00:46:18	04:13	4	15	01:01:27	4			00:00	4	krank	04:09	4	11	00:45:41	4	14	00:57:13	04:05		
		00:00	5		00:00	5	15	00:59:46	03:59	5		00:00	5		00:00	5	11	00:46:57	04:16		
		00:00	6	20	01:29:37	6	11	00:50:34	04:36	6	11	00:46:50	6		00:00	6		00:00			
11	00:44:09	04:01	7		00:00	7			00:00	7	11	00:47:50	7	11	00:48:05	7		00:00			
		00:00	8		00:00	8	15	01:00:23	04:02	8		00:00	8		00:00	8	11	00:46:30	04:14		
11	00:43:48	03:59	9		00:00	9	15	01:01:14	04:05	9	14	00:57:38	9		00:00	9	11	00:48:30	04:25		
14	00:55:49	03:59	10		00:00	10	14	00:58:46	04:12	10	11	00:47:30	10	11	00:45:42	10		00:00			
20	01:29:28	04:29	11	11	00:44:49	11	33	02:26:44	04:27	11		00:00	11		00:00	11		00:00			
		00:00	12	11	00:45:11	12	15	01:01:57	04:08	12		00:00	12		00:00	12	11	00:46:46	04:15		
		00:00	13	14	00:57:32	13	11	00:48:42	04:26	13	11	00:47:21	13	14	01:00:41	13		00:00			
14	00:57:28	04:06	14	20	01:25:51	14			00:00	14		00:00	14		00:00	14		00:00			
11	00:46:29	04:14	15	11	00:45:31	15	15	00:57:32	03:50	15		00:00	15		00:00	15	11	00:49:54	04:32		
14	00:59:11	04:14	16		00:00	16	11	00:48:04	04:22	16	14	00:55:27	16	11	00:46:41	16	11	00:46:13	04:12		
14	00:57:08	04:05	17		00:00	17			00:00	17	11	00:46:00	17	11	00:45:52	17		00:00			
20	01:28:45	04:26	18	11	00:45:41	18	27	01:56:51	04:20	18	11	00:47:11	18		00:00	18		00:00			
11	00:47:31	04:19	19	11	00:45:42	19			00:00	19		00:00	19		00:00	19	11	00:45:13	04:07		
		00:00	20		00:00	20	13	00:56:30	04:21	20		00:00	20		00:00	20		00:00			
		00:00	21	14	00:56:32	21	10	00:45:04	04:31	21		00:00	21	11	00:46:21	21	11	00:47:10	04:18		
11	00:44:01	04:00	22	15	01:02:52	22	9	00:38:50	04:19	22		00:00	22		00:00	22	11	00:51:46	04:43		
		00:00	23		00:00	23			00:00	23	14	00:59:40	23		00:00	23		00:00			
14	00:55:32	03:58	24		00:00	24	7	00:30:52	04:25	24	11	00:46:56	24	11	00:45:16	24		00:00			
20	01:29:40	04:29	25	11	00:46:25	25	42	03:26:49	04:56	25		00:00	25	11	00:47:07	25	14	00:59:21	04:15		
		00:00	26	32	02:24:22	26			00:00	26		00:00	26		00:00	26		00:00			
		00:00	27			27			00:00	27	11	00:45:43	27	14	01:00:03	27		00:00			
15	01:02:25	04:10	28	13	00:52:42	28		krank		28	11	00:45:41	28		00:00	28		00:00			
		00:00	29		00:00	29				29		00:00	29		00:00	29		00:00			
15	01:02:14	04:09	30		00:00	30				30	14	00:56:37	30	11	00:47:44	30		00:00			
		00:00	31	15	01:01:53	31			00:00	31	11	00:47:55	31		00:00	31		00:00			
276	19:23:25	04:13		239	16:47:26	04:13		313	22:40:06	04:21		166	11:38:19	04:12		138	09:44:58	04:14	138	09:56:30	04:19
882	14:11:07	04:14		1121	06:58:33	04:14		1434	05:38:39	04:15		1600	17:16:58	04:15		1738	03:01:56	04:15	1876	12:58:26	04:15

1611 seit letztem Marathon

50% mehr als 2004: 1832

ntkilometer: 1876
ntzeit: 132:58:26

seit 2003 3307 00:30:11 04:22
3307 09:01:00 04:22

o km: 04:15

2006

2006	Januar			Februar			März			April			Mai			Juni							
1			00:00	1		00:00	1		00:00	1		00:00	1		00:00	1		00:00					
2	11	00:47:22	04:19	2		00:00	2	10	00:42:39	04:16	2	21	01:30:53	04:20	2			00:00					
3			00:00	3		00:00	3			00:00	3	11	00:42:29	03:52	3			00:00					
4			00:00	4		00:00	4	14	00:57:50	04:08	4			00:00	4	11	00:50:01	04:33					
5	11	00:47:31	04:19	5		00:00	5	20	01:32:07	04:36	5			00:00	5	11	00:45:11	04:07					
6	11	00:51:10	04:39	6	10	00:44:26	04:27	6		00:00	6			00:00	6			00:00					
7			00:00	7		00:00	7			00:00	7	11	00:47:58	04:22	7	14	00:55:41	03:59					
8			00:00	8		00:00	8			00:00	8			00:00	8	11	00:44:24	04:02					
9	11	00:47:02	04:17	9	9	00:41:22	04:36	9	11	00:46:58	04:16	9		00:00	9			00:00					
10			00:00	10		00:00	10	10	00:45:15	04:32	10			00:00	10			00:00					
11			00:00	11		00:00	11			00:00	11			00:00	11	11	00:48:42	04:26					
12	11	00:49:05	04:28	12	14	01:00:00	04:17	12	14	01:00:00	04:17	12		00:00	12	11	00:44:35	04:03					
13	11	00:49:25	04:30	13	10	00:43:13	04:20	13	11	00:47:59	04:22	13		00:00	13			00:00					
14			00:00	14		00:00	14			00:00	14			00:00	14	14	00:54:34	03:54					
15			00:00	15		00:00	15			00:00	15			00:00	15	11	00:44:51	04:05					
16	11	00:47:07	04:17	16	11	00:48:15	04:23	16	11	00:48:14	04:23	16	14	00:54:30	03:54	16		00:00					
17			00:00	17	10	00:45:05	04:31	17	11	00:49:39	04:31	17		00:00	17			00:00					
18			00:00	18		00:00	18			00:00	18			00:00	18	11	00:48:28	04:25					
19			00:00	19		00:00	19	20	01:29:24	04:28	19			00:00	19	11	00:47:06	04:17					
20			00:00	20		00:00	20	11	00:47:16	04:18	20			00:00	20			00:00					
21			00:00	21		00:00	21			00:00	21			00:00	21	14	00:56:06	04:01					
22	14	01:00:00	04:17	22		00:00	22			00:00	22			00:00	22	11	00:44:14	04:01					
23			00:00	23	11	00:46:51	04:16	23	11	00:49:28	04:30	23	14	00:54:35	03:54	23		00:00					
24			00:00	24	10	00:44:41	04:28	24	11	00:45:37	04:09	24		00:00	24			00:00					
25			00:00	25	11	00:49:15	04:29	25		00:00	25			00:00	25			00:00					
26	11	00:50:38	04:36	26		00:00	26	14	00:56:13	04:01	26			00:00	26			00:00					
27	7	00:32:37	04:40	27	10	00:41:39	04:10	27	11	00:45:00	04:06	27	11	00:43:46	03:59	27		00:00					
28			00:00	28		00:00	28			00:00	28	11	00:46:00	04:11	28			00:00					
29	14	01:01:22	04:23	29		00:00	29			00:00	29			00:00	29			00:00					
30	8	00:34:38	04:20	30		00:00	30			00:00	30	14	00:55:50	03:59	30			00:00					
31			00:00	31		00:00	31	11	00:45:40	04:09			00:00	31				00:00					
	131	09:37:57	04:25		106	07:44:47	04:23		201	14:29:19	04:20		107	07:16:01	04:05		141	09:43:53	04:08		149	10:26:00	04:12
	131	09:37:57	04:25		237	17:22:44	04:24		438	07:52:03	04:22		545	15:08:04	04:19		686	00:51:57	04:16		835	11:17:57	04:16

2067 seit letztem Halbmarathon

Gesamtkilometer: 2099
Gesamtzeit: 148:22:42

Gesar
Gesar

Zeit pro km: 04:14

Zeit pr

2007

2007	Januar			Februar			März			April			Mai			Juni							
1	14	00:59:20	04:14	1		00:00	1	14	01:00:40	04:20	1	21	01:29:43	04:16	1	14	00:54:22	03:53	1			00:00	
2			00:00	2	13	00:51:45	03:59	2	15	01:02:45	04:11	2	14	00:56:24	04:02	2			00:00	2			00:00
3			00:00	3		00:00	3			00:00	3			00:00	3	14	00:56:31	04:02	3	20	01:23:49	04:12	3
4	11	00:47:00	04:17	4	11	00:45:46	04:10	4	14	01:00:59	04:22	4	14	00:58:17	04:10	4	14	00:58:44	04:12	4	15	00:59:40	03:59
5			00:00	5		00:00	5	19	01:22:16	04:20	5			00:00	5			00:00	5				00:00
6			00:00	6		00:00	6			00:00	6			00:00	6			00:00	6				00:00
7	20	01:30:00	04:30	7		00:00	7		krank		7	14	00:54:33	03:54	7	15	00:57:45	03:51	7	15	01:02:28	04:10	
8	11	00:46:59	04:17	8		00:00	8				8			00:00	8			00:00	8	15	01:05:08	04:21	
9			00:00	9		00:00	9				9	20	01:24:47	04:14	9			00:00	9			00:00	
10			00:00	10	14	00:58:42	04:12	10			10			00:00	10	15	01:03:08	04:13	10	20	01:30:31	04:32	
11			00:00	11		00:00	11				11			00:00	11	11	00:46:31	04:14	11	15	01:05:25	04:22	
12	15	00:59:57	04:00	12	14	00:59:38	04:16	12			12	14	00:57:20	04:06	12			00:00	12			00:00	
13			00:00	13		00:00	13		krank		13	15	01:01:21	04:06	13	20	01:25:24	04:16	13			00:00	
14	20	01:26:30	04:20	14	13	00:51:35	03:58	14		00:00	14			00:00	14	15	01:00:41	04:03	14	15	01:02:58	04:12	
15	11	00:43:27	03:57	15		00:00	15	11	00:50:09	04:34	15	20	01:26:18	04:19	15			00:00	15	15	01:03:12	04:13	
16			00:00	16	13	00:53:24	04:07	16	15	01:01:22	04:06	16	14	00:58:45	04:12	16			00:00	16			00:00
17			00:00	17		00:00	17			00:00	17			00:00	17	14	00:55:59	04:00	17	20	01:28:42	04:26	

2006

Juli			August			September			Oktober			November			Dezember					
	00:00	1	11	00:49:22	04:30	1		00:00	1	14	00:58:43	04:12	1		00:00	1	11	00:44:37	04:04	
	00:00	2			00:00	2		00:00	2			00:00	2	11	00:47:44	04:21	2		00:00	
	00:00	3	15	00:58:41	03:55	3	20	01:26:36	3	14	01:00:43	04:20	3		00:00	3	14	00:56:42	04:03	
	00:00	4	15	01:00:25	04:02	4	15	01:00:49	4			00:00	4		00:00	4	11	00:44:35	04:03	
	00:00	5			00:00	5		00:00	5			00:00	5	14	01:00:00	04:17	5		00:00	
	00:00	6	20	01:27:51	04:24	6	15	01:00:55	6			00:00	6	11	00:47:23	04:19	6		00:00	
	00:00	7	15	01:02:01	04:08	7	15	01:01:01	7			00:00	7		00:00	7	11	00:45:02	04:06	
14	00:59:19	8	11	00:43:39	03:58	8	11	00:49:30	8	14	00:55:56	04:00	8		00:00	8	11	00:45:23	04:08	
	00:00	9			00:00	9		00:00	9	11	00:44:31	04:03	9		00:00	9		00:00	00:00	
15	01:01:04	10	15	01:00:47	04:03	10	30	02:08:36	10			00:00	10		00:00	10	14	00:58:52	04:12	
	00:00	11	14	00:56:50	04:04	11	11	00:46:30	11			00:00	11		00:00	11	11	00:44:55	04:05	
	00:00	12			00:00	12	11	00:50:52	12	11	00:44:00	04:00	12	14	01:00:00	04:17	12		00:00	
15	01:03:11	13			00:00	13	15	01:00:51	13			00:00	13	11	00:49:27	04:30	13		00:00	
11	00:48:28	14	15	00:59:15	03:57	14	15	01:00:13	14	14	00:57:02	04:05	14		00:00	14		00:00	00:00	
	00:00	15			00:00	15	15	01:00:47	15			00:00	15		00:00	15	11	00:44:30	04:03	
20	01:27:42	16	20	01:26:19	04:19	16		00:00	16	11	00:45:11	04:07	16	11	00:46:28	04:14	16		00:00	
15	01:01:48	17	15	00:59:36	03:59	17	20	01:25:28	17	11	00:46:59	04:17	17	11	00:47:05	04:17	17		00:00	
11	00:46:30	18	15	01:00:58	04:04	18	11	00:47:51	18			00:00	18		00:00	18	11	00:46:11	04:12	
	00:00	19			00:00	19		00:00	19			00:00	19	14	00:56:13	04:01	19		00:00	
14	01:00:00	20	20	01:29:26	04:28	20	12	00:50:00	20			00:00	20	11	00:46:53	04:16	20		00:00	
	00:00	21	14	00:59:23	04:15	21		00:00	21			00:00	21	11	00:48:10	04:23	21	11	00:46:47	04:15
	00:00	22			00:00	22	10	00:45:00	22	14	00:57:41	04:07	22		00:00	22	11	00:43:55	04:00	
14	01:00:00	23	15	01:01:28	04:06	23		00:00	23			00:00	23	11	00:44:25	04:02	23		00:00	
11	00:49:45	24	14	00:59:47	04:16	24	42	03:29:26	24			00:00	24		00:00	24	14	00:56:30	04:02	
11	00:51:55	25			00:00	25		00:00	25			00:00	25		00:00	25		00:00	00:00	
	00:00	26			00:00	26		00:00	26	11	00:45:39	04:09	26	14	00:54:35	03:54	26	14	00:55:51	04:00
11	00:51:08	27	30	02:13:55	04:28	27		00:00	27	11	00:46:29	04:14	27	11	00:42:05	03:50	27		00:00	
	00:00	28			00:00	28		00:00	28			00:00	28		00:00	28		00:00	00:00	
	00:00	29	11	00:46:18	04:13	29	11	00:50:36	29			00:00	29		00:00	29		00:00	00:00	
20	01:29:28	30			00:00	30		00:00	30	11	00:44:06	04:01	30	11	00:44:31	04:03	30	20	01:26:17	04:19
15	01:03:05	31	15	00:58:14	03:53	31		00:00	31			00:00	31		00:00	31		00:00	00:00	
197	14:13:23	04:20	300	20:54:15	04:11	279	20:15:01	04:21	147	10:07:00	04:08	166	11:34:59	04:11	175	12:00:07	04:07			
1032	01:31:20	04:16	1332	22:25:35	04:15	1611	18:40:36	04:16	1758	04:47:36	04:16	1924	16:22:35	04:15	2099	04:22:42	04:14			

2053 seit letztem Marathon

ntkilometer: 2099
ntzeit: 148:22:42

seit 2003 5406 04:52:53 04:19

o km: 04:14

2007

Juli			August			September			Oktober			November			Dezember					
20	01:31:32	04:35	1		00:00	1		00:00	1		00:00	1		00:00	1		00:00	00:00		
15	01:07:25	04:30	2	15	01:04:28	04:18	2	32	02:29:44	04:41	2	Füße verletzt	2		00:00	2	14	00:59:41	04:16	
	00:00	00:00	3	15	01:04:36	04:19	3		00:00	3	^	3		00:00	3		11	00:53:01	04:49	
	00:00	00:00	4		00:00	00:00	4	11	00:48:45	04:26	4		4		00:00	4		00:00	00:00	
15	01:03:07	04:13	5		04:00	00:00	5		00:00	5		5	11	00:47:54	04:22	5		00:00	00:00	
15	01:03:54	04:16	6	15	01:02:33	04:10	6	15	01:03:51	04:16	6		6		00:00	6	11	00:48:12	04:23	
	00:00	00:00	7		20:00	04:11	7	15	01:02:48	04:11	7		7		00:00	7	11	00:50:27	04:35	
14	00:57:31	04:07	8		20:00	00:00	8		00:00	8	11	00:56:06	05:06	8	11	00:50:25	04:35	8		00:00
	00:00	00:00	9	15	01:03:00	04:12	9	20	01:23:40	04:11	9		9		00:00	9		00:00	00:00	
	00:00	00:00	10	15	01:03:09	04:13	10		00:00	10		10		00:00	10		00:00	00:00	00:00	
	00:00	00:00	11		00:00	00:00	11	11	00:45:00	04:06	11		11		00:00	11		00:00	00:00	
14	01:00:11	04:18	12	30	02:14:48	04:30	12	11	00:51:21	04:40	12		12	11	00:51:07	04:39	12	11	00:49:45	04:32
	00:00	00:00	13	15	01:07:25	04:30	13		00:00	13		13		00:00	13		00:00	00:00	00:00	
	00:00	00:00	14		00:00	00:00	14	15	01:03:44	04:15	14		14		00:00	14	11	00:48:43	04:26	
20	01:34:07	04:42	15		00:00	00:00	15		00:00	15		15	11	00:48:18	04:24	15		00:00	00:00	
11	00:50:48	04:37	16	11	00:44:26	04:03	16	35	02:42:59	04:39	16		16	11	00:50:43	04:37	16		00:00	00:00
	00:00	00:00	17	15	01:04:43	04:19	17	11	00:52:49	04:48	17		17		00:00	17	11	00:45:46	04:10	

18		00:00	18	20	01:25:32	04:17	18	14	01:00:17	04:19	18		00:00	18	15	01:00:57	04:04	18		00:00	18		00:00																					
19	11	00:47:30	19	13	00:53:51	04:09	19	15	01:01:33	04:06	19	14	00:58:39	19		00:00	04:12	19	11	00:47:01	19		04:17																					
20		00:00	20		00:00	00:00	20		00:00	00:00	20	15	01:00:45	20		00:00	04:03	20		00:00	20		00:00																					
21	20	01:30:25	21		00:00	00:00	21		00:00	00:00	21		00:00	21	20	01:31:02	04:33	21		00:00	21		00:00																					
22	11	00:47:40	22	13	00:52:52	04:04	22		00:00	00:00	22		00:00	22		00:00	00:00	22	14	00:58:43	22		04:12																					
23		00:00	23	14	01:00:40	04:20	23	14	00:59:44	04:16	23	15	00:58:40	23	14	00:57:15	04:06	23		00:00	23		00:00																					
24		00:00	24		00:00	00:00	24		00:00	00:00	24		00:00	24	14	00:57:25	04:06	24		00:00	24		00:00																					
25	13	00:54:09	25		00:00	00:00	25	20	01:25:56	04:18	25		00:00	25	7	00:30:00	04:18	25	3	00:20:00	25		06:41																					
26		00:00	26		00:00	00:00	26	14	00:56:10	04:01	26	15	00:59:23	26		00:00	03:58	26		00:00	26		00:00																					
27		00:00	27	11	00:44:30	04:03	27		00:00	00:00	27	15	01:00:01	27	14	00:57:51	04:08	27		00:00	27		00:00																					
28	20	01:30:00	28		00:00	00:00	28		00:00	00:00	28		00:00	28		00:00	00:00	28	11	00:53:31	28		04:52																					
29	13	00:54:31	29		00:00	00:00	29	14	00:55:23	03:58	29	20	01:28:33	29		00:00	04:26	29	15	01:02:05	29		04:08																					
30		00:00	30		00:00	00:00	30	14	00:55:29	03:58	30		00:00	30		00:00	00:00	30		00:00	30		00:00																					
31		00:00	31		00:00	00:00	31		00:00	00:00	31		00:00	31	30	02:07:33	04:15	31		00:00	31		00:00																					
																							190	13:37:28	04:18	149	10:18:15	04:09	193	13:32:43	04:13	240	16:33:29	04:08	246	17:01:08	04:09	204	14:43:13	04:20				
																							190	13:37:28	04:18	339	23:55:43	04:14	532	13:28:26	04:14	772	06:01:55	04:12	1018	23:03:03	04:11	1222	13:46:16	04:13				
																							2193 seit letztem Halbmarathon																					

Gesamtkilometer: 2356
Gesamtzeit: 169:28:26
Zeit pro km: 04:19

Gesamtkilometer:
Gesamtzeit:
Zeit pro km:

2008

2008	Januar			Februar			März			April			Mai			Juni																												
1		00:00	1	11	00:49:25	04:30	1		00:00	1		00:00	1	14	01:00:40	04:20	1	13	00:59:30	04:35	1																							
2		00:00	2		00:00	00:00	2	14	01:01:51	04:25	2		00:00	2		00:00	00:00	2	11	00:53:19	04:51	2																						
3		00:00	3	14	00:59:35	04:16	3	11	00:50:00	04:33	3	11	00:45:51	3		00:00	00:00	3		00:00	00:00	3																						
4		00:00	4	11	00:48:28	04:25	4		00:00	00:00	4	15	01:04:20	4	14	01:01:30	04:24	4		00:00	00:00	4																						
5		00:00	5		00:00	00:00	5		00:00	00:00	5		00:00	5	11	00:49:08	04:28	5		00:00	00:00	5																						
6	10	00:50:00	6	11	00:49:44	04:32	6	11	00:52:16	04:45	6	21	01:31:45	6	21	01:31:45	04:22	6	15	01:06:02	04:24	6																						
7	11	00:57:23	7	11	00:51:40	04:42	7	11	00:48:59	04:27	7	11	00:50:19	7	15	01:06:21	04:26	7		00:00	00:00	7																						
8		00:00	8		00:00	00:00	8		00:00	00:00	8		00:00	8	11	00:51:09	04:39	8		Krank	00:00	8																						
9		00:00	9		00:00	00:00	9	14	01:00:47	04:21	9		00:00	9		00:00	00:00	9		Krank	00:00	9																						
10		00:00	10		00:00	00:00	10	15	01:07:36	04:31	10	11	00:47:43	10	11	00:47:43	04:21	10		Krank	00:00	10																						
11	11	00:51:19	11	14	01:02:36	04:28	11		00:00	00:00	11	15	01:09:42	11	14	01:01:20	04:23	11		00:00	00:00	11																						
12		00:00	12		00:00	00:00	12		00:00	00:00	12		00:00	12		00:00	00:00	12	11	00:50:23	04:35	12																						
13	14	01:05:00	13	14	01:03:19	04:32	13	11	00:50:19	04:35	13	14	01:01:26	13	14	01:01:26	04:23	13	11	00:50:35	04:36	13																						
14		00:00	14		00:00	00:00	14	11	00:51:09	04:39	14	15	01:05:39	14	15	01:07:27	04:30	14		00:00	00:00	14																						
15		00:00	15		00:00	00:00	15		00:00	00:00	15		00:00	15	11	00:48:32	04:25	15	14	01:04:48	04:38	15																						
16		00:00	16		00:00	00:00	16		00:00	00:00	16		00:00	16	11	00:51:42	04:42	16	15	01:05:28	04:22	16																						
17	11	00:49:07	17		00:00	00:00	17	15	01:03:46	04:15	17	7	00:32:19	17		00:00	00:00	17		00:00	00:00	17																						
18	11	00:50:53	18	11	00:50:46	04:37	18		00:00	00:00	18	15	01:05:40	18	14	01:01:35	04:24	18		00:00	00:00	18																						
19		00:00	19		00:00	00:00	19		00:00	00:00	19		00:00	19	15	01:05:10	04:21	19	11	00:47:50	04:21	19																						
20		00:00	20		00:00	00:00	20	14	01:04:55	04:38	20		00:00	20		00:00	00:00	20		00:00	00:00	20																						
21	10	00:45:18	21	11	00:48:59	04:27	21		00:00	00:00	21	15	01:03:26	21		00:00	00:00	21		00:00	00:00	21																						
22		00:00	22	11	00:50:13	04:34	22	14	01:04:27	04:36	22		00:00	22	11	00:50:15	04:34	22	14	01:08:08	04:52	22																						
23		00:00	23		00:00	00:00	23		00:00	00:00	23		00:00	23	15	01:05:14	04:21	23	11	00:53:41	04:53	23																						
24	11	00:51:05	24	14	01:01:41	04:25	24	20	01:33:18	04:40	24		00:00	24		00:00	00:00	24		00:00	00:00	24																						
25	11	00:45:34	25	11	00:47:51	04:21	25		00:00	00:00	25		00:00	25	14	00:59:12	04:14	25		00:00	00:00	25																						
26		00:00	26		00:00	00:00	26		00:00	00:00	26	14	01:01:58	26	11	00:47:14	04:18	26	14	01:01:01	04:22	26																						
27	14	01:00:13	27		00:00	00:00	27	11	00:45:55	04:11	27		00:00	27		00:00	00:00	27	15	01:06:53	04:28	27																						
28	11	00:50:22	28		00:00	00:00	28	15	01:06:43	04:27	28	14	01:02:13	28		00:00	00:00	28		00:00	00:00	28																						
29		00:00	29	11	00:46:59	04:17	29		00:00	00:00	29		00:00	29		00:00	00:00	29	14	01:06:29	04:45	29																						
30		00:00	30		00:00	00:00	30	20	01:33:32	04:41	30		00:00	30		00:00	00:00	30		00:00	00:00	30																						
31	11	00:46:03	31		00:00	00:00	31	15	01:06:05	04:25	31		00:00	31		00:00	00:00	31		00:00	00:00	31																						
																							136	10:22:17	04:35	155	11:31:16	04:28	222	16:41:38	04:31	178	13:02:21	04:24	196	14:26:29	04:25	169	12:54:07	04:35				
																							136	10:22:17	04:35	291	21:53:33	04:31	513	14:35:11	04:31	691	03:37:32	04:29	887	18:04:01	04:28	1056	06:58:08	04:29				
																							2337 seit letztem Halbmarathon																					

Gesamtkilometer: 2601
Gesamtzeit: 194:02:13
Zeit pro km: 04:29

Gesamtkilometer:
Gesamtzeit:
Zeit pro km:

15	01:06:29	04:28	18	Fahrradtour 100km	18	00:00	18	14	01:03:07	04:31	18	00:00					
15	01:06:59	04:28	19	Oderbruch 60 km	19	00:00	19	11	00:49:24	04:30	19	00:00					
15	01:06:59	00:00	20	15 01:03:15	20	14 00:57:54	20	11	00:49:40	04:31	20	14 01:01:23					
20	01:29:25	04:28	21	00:00	21	15 01:05:00	21	11	00:52:43	04:48	21	00:00					
15	01:07:55	04:32	22	15 01:03:36	22	00:00	22	11	00:47:23	04:19	22	00:00					
15	01:07:55	00:00	23	23 27 02:00:00	23	04:27	23	11	00:48:02	04:22	23	14 00:59:54					
15	01:02:32	04:10	24	25 01:48:48	24	11 00:51:58	24	11	00:49:41	04:31	24	00:00					
15	01:03:22	04:14	25	00:00	25	00:00	25	11	00:49:41	04:31	25	00:00					
15	01:03:22	00:00	26	26 00:00	26	00:00	26	11	00:49:41	04:31	26	00:00					
30	02:10:18	04:21	27	11 00:45:35	27	11 00:47:10	27	11	00:49:41	04:31	27	11 00:47:42					
15	01:04:27	04:18	28	00:00	28	11 00:47:40	28	11	00:49:41	04:31	28	00:00					
15	01:04:27	00:00	29	29 00:00	29	00:00	29	11	00:49:41	04:31	29	00:00					
			30	15 01:00:55	30	42 03:19:32	30	11	00:49:41	04:31	30	00:00					
			31	15 01:01:46	31	00:00	31	11	00:49:41	04:31	31	20 01:34:30					
264	19:20:02	04:24	242	17:13:03	04:16	307	22:53:55	04:29	47	03:47:39	04:51	135	10:08:27	04:30	139	10:19:04	04:27
1486	09:06:18	04:15	1728	02:19:21	04:15	2035	01:13:16	04:17	2082	05:00:55	04:18	2217	15:09:22	04:18	2356	01:28:26	04:19

2523 seit letztem Marathon

ntkilometer: 2356
ntzeit: 169:28:26
o km: 04:19

seit 2003 7762 06:21:19 04:19
in Tagen 7762 22.01.00 06:21

2008

Juli			August			September			Oktober			November			Dezember		
15	01:10:01	04:40	1	11 00:49:40	04:31	1	20 01:26:10	04:19	1	11 00:52:09	04:45	1	14 00:58:25	04:11	1	11 00:48:54	04:27
		00:00	2		20:00	2	11 00:49:57	04:33	2	11 00:46:53	04:16	2	20 01:42:59	05:09	2	11 00:49:30	04:30
11	00:49:54	04:32	3	27 02:04:00	04:36	3	14 01:02:40	04:29	3	11 00:59:04	04:13	3	11 00:51:06	04:39	3		00:00
15	01:03:34	04:14	4	20 01:31:12	04:34	4	11 00:45:06	04:06	4	14 00:59:04	04:13	4		00:00	4	11 00:47:01	04:17
		00:00	5		00:00	5	15 01:03:31	04:14	5		00:00	5		00:00	5	11 00:49:42	04:31
		00:00	6		00:00	6		00:00	6	15 01:03:42	04:15	6	11 00:54:40	04:58	6		00:00
20	01:37:58	04:54	7	11 00:49:38	04:31	7	20 01:29:43	04:29	7		00:00	7	15 01:08:51	04:36	7	14 00:59:39	04:16
		00:00	8	15 01:08:09	04:33	8	16 01:10:11	04:23	8	20 01:38:22	04:55	8		00:00	8	11 00:48:11	04:23
		00:00	9		00:00	9		00:00	9		00:00	9	14 01:00:00	04:17	9		00:00
14	00:59:36	04:16	10		00:00	10	11 00:47:50	04:21	10	15 01:07:14	04:29	10		00:00	10		00:00
14	01:06:38	04:46	11	20 01:28:45	04:26	11	11 00:42:55	03:54	11		00:00	11		00:00	11		00:00
		00:00	12		00:00	12	11 00:44:34	04:03	12	14 01:00:15	04:18	12		00:00	12	11 00:49:31	04:30
		00:00	13		00:00	13	14 00:56:46	04:03	13	11 00:47:31	04:19	13	11 00:45:16	04:07	13		00:00
20	01:27:57	04:24	14	11 00:47:48	04:21	14	30 02:11:28	04:23	14		00:00	14	15 01:06:58	04:28	14	14 01:04:14	04:35
		00:00	15	15 01:03:29	04:14	15	14 01:01:05	04:22	15		00:00	15		00:00	15	11 00:49:14	04:29
		00:00	16		00:00	16	11 00:48:55	04:27	16	11 00:44:33	04:03	16	14 01:02:58	04:30	16		00:00
11	00:46:38	04:15	17	27 01:59:27	04:26	17	10 00:46:24	04:39	17		00:00	17	11 00:49:17	04:29	17		00:00
15	01:07:43	04:31	18	15 01:06:21	04:26	18	10 00:46:41	04:40	18		00:00	18	11 00:52:28	04:46	18		00:00
		00:00	19	11 00:49:39	04:31	19	14 00:56:46	04:03	19		00:00	19		00:00	19		00:00
27	02:04:46	04:37	20	14 01:03:36	04:33	20	14 00:56:18	04:01	20	14 00:59:31	04:15	20		00:00	20		00:00
15	01:06:29	04:26	21	11 00:45:49	04:10	21	27 01:57:22	04:21	21	11 00:48:18	04:24	21	11 00:52:52	04:49	21		00:00
		00:00	22	15 01:06:07	04:25	22	11 00:48:06	04:23	22	11 00:52:08	04:45	22	14 01:00:48	04:21	22		00:00
		00:00	23		00:00	23		00:00	23	11 00:47:47	04:21	23	14 01:03:19	04:32	23		00:00
11	00:52:29	04:47	24	20 01:32:12	04:37	24		00:00	24	15 01:04:42	04:19	24		00:00	24	14 01:07:05	04:48
11	00:54:07	04:55	25	15 01:03:06	04:13	25	11 00:47:46	04:21	25		00:00	25	11 00:48:27	04:25	25		00:00
		00:00	26	11 00:44:35	04:03	26		00:00	26	20 01:33:03	04:39	26		00:00	26	14 01:00:08	04:18
20	01:35:29	04:47	27	14 01:03:25	04:32	27		00:00	27	11 00:49:34	04:31	27	11 00:49:08	04:28	27		00:00
15	01:06:56	04:28	28	00:00	00:00	28	42 03:23:54	04:51	28	11 00:49:16	04:29	28	15 01:05:43	04:23	28		00:00
		00:00	29	14 01:00:14	04:18	29	10 00:50:59	05:06	29		00:00	29		00:00	29	11 00:47:31	04:19
		00:00	30	14 01:01:10	06:47	30		00:00	30		00:00	30	14 01:00:29	04:19	30		00:00
		00:00	31	20 01:35:00	04:45	31		00:00	31	15 01:06:55	04:28	31		00:00	31		00:00
234	17:50:15	04:34	331	24:33:22	04:27	358	26:15:07	04:24	241	17:50:57	04:27	237	17:53:44	04:32	144	10:40:40	04:27
1290	00:48:23	04:30	1621	01:21:45	04:30	1979	03:36:52	04:29	2220	21:27:49	04:28	2457	15:21:33	04:29	2601	02:02:13	04:29

2300 seit letztem Marathon

ntkilometer: 2601
ntzeit: 194:02:13
o km: 04:29

seit 2003 10363 08:23:32 04:21
in Tagen 10363 30.01.00 08:23

2009

2009	Januar			Februar			März			April			Mai			Juni							
1	14	01:03:52	04:34	1		00:00	1	20	01:37:19	04:52	1	10	00:44:13	04:26	1	14	00:58:07	04:09	1	14	00:56:26	04:02	
2			00:00	2		00:00	2	11	00:48:12	04:23	2	11	00:45:49	04:10	2			00:00	2	11	00:45:25	04:08	
3			00:00	3		00:00	3	11	00:48:59	04:27	3	15	01:03:30	04:14	3			04:05	3			00:00	
4	10	00:46:06	04:37	4		00:00	4			00:00	4			00:00	4	11	00:43:02	03:55	4	11	00:43:08	03:55	
5	11	00:51:11	04:39	5		00:00	5	11	00:47:25	04:19	5	21	01:28:29	04:13	5	7	00:29:31	04:13	5	11	00:46:23	04:13	
6	11	00:52:00	04:44	6		00:00	6	11	00:57:00	05:11	6	7	00:30:33	04:22	6			00:00	6			00:00	
7			00:00	7		00:00	7			00:00	7	11	00:46:02	04:11	7	11	00:44:34	04:03	7			00:00	
8	11	00:50:31	04:51	8		00:00	8	14	01:00:01	04:17	8	11	00:46:32	04:14	8			00:00	8	15	00:57:17	03:49	
9	11	00:53:14	04:51	9	14	01:03:02	9	11	00:45:44	04:10	9			00:00	9	14	00:55:24	03:58	9	11	00:44:13	04:01	
10			00:00	10		00:00	10			00:00	10			00:00	10	20	01:26:09	04:19	10			00:00	
11	10	00:44:31	04:27	11		00:00	11			00:00	11	14	00:55:35	03:58	11	11	00:45:44	04:10	11	11	00:43:29	03:57	
12	11	00:51:55	04:43	12	11	00:51:43	12			00:00	12			00:00	12			00:00	12	11	00:48:24	04:24	
13	11	00:51:10	04:39	13	11	00:52:00	13	15	01:03:01	04:12	13			00:00	13	11	00:47:05	04:17	13			00:00	
14			00:00	14	14	01:03:00	14	12	01:00:00	05:00	14	10	00:42:58	04:18	14			00:00	14	20	01:26:51	04:21	
15			00:00	15		00:00	15	13	01:00:00	04:37	15	11	00:46:58	04:16	15	14	00:56:18	04:01	15	11	00:46:56	04:16	
16	11	00:52:19	04:46	16	11	00:51:41	16	15	01:04:05	04:17	16	11	00:43:34	03:58	16			00:00	16	11	00:45:28	04:08	
17	10	00:41:26	04:09	17		00:00	17	11	00:45:58	04:11	17			00:00	17	20	01:27:49	04:24	17			00:00	
18	14	01:00:21	04:19	18		00:00	18			00:00	18	14	00:55:11	03:57	18	11	00:46:40	04:15	18	11	00:54:02	04:55	
19	11	00:49:47	04:32	19		00:00	19	11	00:45:32	04:09	19			00:00	19			00:00	19	11	00:46:48	04:16	
20	11	00:51:06	04:39	20		00:00	20	15	01:03:41	04:15	20	14	00:55:59	04:00	20	11	00:50:00	04:33	20			00:00	
21			00:00	21		00:00	21	10	00:43:46	04:23	21	11	00:44:40	04:04	21			00:00	21	20	01:26:32	04:20	
22	11	00:52:40	04:48	22	10	00:45:00	22	20	01:30:00	04:30	22	11	00:43:12	03:56	22			00:00	22	11	00:46:16	04:13	
23	11	00:49:37	04:31	23	11	00:53:56	23	11	00:48:25	04:24	23			00:00	23	14	00:59:28	04:15	23	11	00:46:18	04:13	
24			00:00	24	10	00:46:58	24	7	00:31:50	04:33	24	14	01:02:55	04:30	24	20	01:33:36	04:41	24			00:00	
25	10	00:41:49	04:11	25		00:00	25			00:00	25			00:00	25	14	01:00:37	04:20	25			00:00	
26	11	00:50:25	04:35	26	11	00:50:02	26			00:00	26			00:00	26			00:00	26			00:00	
27	11	00:49:25	04:30	27		00:00	27	15	01:03:27	04:14	27	11	00:44:42	04:04	27			00:00	27	14	00:56:16	04:01	
28			00:00	28	14	01:01:09	28	14	00:59:15	04:14	28			00:00	28			00:00	28	20	01:27:33	04:23	
29			00:00	29		00:00	29	20	01:30:58	04:33	29			00:00	29	14	00:57:24	04:06	29	11	00:46:57	04:16	
30	14	01:01:26	04:23	30		00:00	30	11	00:45:34	04:09	30	11	00:42:37	03:53	30			00:00	30	11	00:47:34	04:20	
31			00:00	31		00:00	31	11	00:43:07	03:55				00:00	31			00:00				00:00	
	225	17:04:51	04:33		117	08:58:31	04:36		300	22:03:19	04:25		218	15:03:29	04:09		231	16:18:39	04:14		257	18:02:16	04:13
	225	17:04:51	04:33		342	02:03:22	04:34		642	00:06:41	04:30		860	15:10:10	04:24		1091	07:28:49	04:22		1348	01:31:05	04:20

2730 seit letztem Halbmarathon

Gesamtkilometer: 2798
 Gesamtzeit: 205:14:37
 Zeit pro km: 04:24

Gesar
 Gesar
 Zeit pr

2010

2010	Januar			Februar			März			April			Mai			Juni							
1	14	01:05:00	04:39	1	9	00:42:21	04:43	1	9	00:45:00	05:00	1	15	01:05:17	04:21	1			00:00	1	11	00:49:33	04:31
2			00:00	2		00:00	2	2	9	00:41:30	04:37	2			04:34	2	15	01:08:26	04:34	2			00:00
3	10	00:48:55	04:54	3		00:00	3	3		00:00	3	15	01:02:47	04:11	3			00:00	3			00:00	
4	11	00:52:00	04:44	4	9	00:40:57	04:33	4	11	00:56:12	05:07	4			00:00	4	5	00:25:00	05:01	4	15	01:05:08	04:21
5	9	00:42:59	04:47	5	11	00:58:19	05:18	5	15	01:07:01	04:28	5	14	00:59:53	04:17	5	11	00:49:52	04:32	5	14	01:01:15	04:23
6			00:00	6		00:00	6	6		00:00	6			00:00	6			00:00	6	14	01:00:48	04:21	
7	9	00:42:30	04:44	7	10	00:48:00	04:48	7	20	01:32:00	04:36	7	7	00:30:00	04:18	7	8	00:35:00	04:23	7	11	00:48:49	04:27
8	9	00:40:52	00:00	8	9	00:41:13	04:35	8		00:00	8	7	00:30:00	04:18	8			00:00	8			00:00	
9			00:00	9		00:00	9	9		00:00	9			00:00	9	14	01:00:10	04:18	9	11	00:55:00	05:00	
10			00:00	10		00:00	10	10	00:45:00	04:30	10	12	00:50:00	04:10	10	11	00:48:18	04:24	10	11	00:51:43	04:42	
11	9	00:41:41	04:38	11		00:00	11	10	00:45:00	04:30	11			00:00	11	11	00:49:24	04:30	11	5	00:21:12	04:15	
12			00:00	12		00:00	12			00:00	12	11	00:46:30	04:14	12	11	00:52:03	04:44	12			00:00	
13			00:00	13		00:00	13	14	01:02:09	04:27	13	11	00:49:56	04:33	13			00:00	13	14	00:58:29	04:11	
14	7	00:35:49	05:07	14	10	00:49:00	04:54	14	20	01:37:04	04:51	14	11	00:46:30	04:14	14			00:00	14	11	00:46:59	04:17
15	11	00:52:33	04:47	15	9	00:40:41	04:32	15	11	00:47:49	04:21	15			00:00	15	10	00:45:16	04:32	15	11	00:47:30	04:19
16			00:00	16	9	00:42:00	04:40	16	9	00:37:23	04:09	16	11	00:45:13	04:07	16	14	01:01:21	04:23	16			00:00
17			00:00	17	9	00:39:13	04:22	17	14	01:03:30	04:32	17			00:00	17	11	00:48:24	04:24	17	11	00:49:30	04:30

2009

Juli			August			September			Oktober			November			Dezember			
	00:00		1		00:00	1	14	01:02:13	04:27	1				1	11	00:51:02	04:39	
	00:00		2		00:00	2	11	00:54:00	04:55	2	15	01:03:07	04:13	2	11	00:48:56	04:27	
	00:00		3	11	00:43:13	03:56	3	11	00:47:28	04:19	3		00:00	3	11	00:49:02	04:28	
	00:00		4	11	00:46:36	04:14	4	15	01:05:16	04:21	4	14	00:59:29	04:15	4		00:00	
20	01:27:30	04:23	5		00:00	5		00:00		5	5	00:22:30	04:31	5		00:00		
14	00:59:17	04:14	6	11	00:46:27	04:14	6	34	02:32:56	04:30	6		00:00	6	11	00:45:40	04:09	
	00:00		7	15	01:07:48	04:31	7	11	00:49:01	04:28	7		00:00	7		00:00		
	00:00		8	14	01:03:26	04:32	8	11	00:47:22	04:19	8	11	00:52:15	04:45	8	14	00:59:30	04:15
11	00:45:03	04:06	9		00:00	9		00:00		9			00:00	9		00:00		
14	00:59:36	04:16	10	11	00:48:47	04:26	10	15	01:06:38	04:27	10		00:00	10	11	00:44:49	04:05	
	00:00		11	11	00:47:59	04:22	11		00:00		11		00:00	11		00:00		
20	01:35:00	04:45	12	30	02:20:30	04:41	12	14	00:59:17	04:14	12	11	00:47:57	04:22	12	11	00:46:37	04:15
	00:00		13	11	00:55:00	05:00	13	27	02:00:24	04:28	13	11	00:47:38	04:20	13	11	00:49:15	04:29
10	00:44:51	04:29	14	11	00:51:30	04:41	14	7	00:31:25	04:30	14	14	01:00:56	04:21	14		00:00	
11	00:47:24	04:19	15	14	01:02:59	04:30	15		00:00		15		00:00	15	12	00:50:50	04:14	
	00:00		16		00:00	16	11	00:48:20	04:24	16	11	00:43:09	03:56	16	11	00:46:32	04:14	
14	01:00:56	04:21	17	11	00:46:06	04:12	17	8	00:38:42	04:51	17	14	01:00:00	04:17	17	11	00:48:47	04:26
	00:00		18	11	00:47:09	04:17	18		00:00		18		00:00	18		00:00		
27	02:03:34	04:35	19	14	01:00:09	04:18	19	7	00:30:50	04:25	19	14	00:58:18	04:10	19		00:00	
11	00:50:34	04:36	20	11	00:50:51	04:38	20	42	03:18:56	04:44	20		00:00	20	11	00:47:11	04:18	
11	00:48:33	04:25	21		00:00	21		00:00		21	10	00:47:00	04:42	21		00:00		
	00:00		22	14	00:59:11	04:14	22		00:00		22		00:00	22	10	00:48:00	04:48	
11	00:45:00	04:06	23	32	02:17:52	04:19	23		00:00		23	10	00:46:01	04:36	23	11	00:50:00	04:33
15	01:05:48	04:23	24	14	01:01:06	04:22	24		00:00		24		00:00	24		00:00		
	00:00		25		00:00	25	11	00:48:44	04:26	25	14	01:02:47	04:29	25	14	01:04:00	04:34	
30	02:13:16	04:27	26	14	01:00:46	04:21	26		00:00		26	11	00:48:48	04:26	26	11	00:55:23	05:02
11	00:50:35	04:36	27		00:00	27		00:00		27		00:00		27	11	00:55:59	05:06	
11	00:48:24	04:24	28	10	00:45:00	04:30	28	11	00:54:30	04:58	28	14	01:03:13	04:31	28		00:00	
14	01:00:24	04:19	29		00:00	29		00:00		29		00:00		29	14	01:05:00	04:39	
11	00:47:33	04:20	30	20	01:27:00	04:21	30	11	00:42:54	03:54	30	11	00:48:06	04:23	30		00:00	
15	01:08:24	04:34	31	11	00:47:21	04:19			00:00		31		00:00	31	14	01:05:00	04:39	
281	20:41:42	04:25		312	22:56:46	04:25		271	20:18:56	04:30		201	14:41:09	04:23		196	14:35:31	04:28
1629	22:12:47	04:21		1941	21:09:33	04:22		2212	17:28:29	04:23		2413	08:09:38	04:23		2609	22:45:09	04:23

2834 seit letztem Marathon

n kilometer: 2798

n tzeit: 205:14:37

seit 2003 13161 21:38:09 04:22
in Tagen 13161 07:02:00 21:38

o km: 04:24

2010

Juli			August			September			Oktober			November			Dezember			
11	00:51:48	04:43	1		00:00	1	10	00:45:00	04:30	1	8	00:40:00	05:00	1		00:00		
11	00:50:24	04:35	2	11	00:51:12	04:40	2		00:00		2		00:00	2	11	00:52:55	04:49	
13	00:58:30	04:30	3	11	00:47:24	04:19	3	15	01:05:36	04:23	3		00:00	3		00:00		
13	00:59:43	04:36	4	14	01:04:30	04:37	4	20	01:30:00	04:30	4	11	00:50:00	04:33	4		00:00	
11	00:51:15	04:40	5	11	00:49:07	04:28	5	14	01:10:00	05:00	5		00:00	5		00:00		
11	00:47:59	04:22	6	9	00:39:40	04:25	6	11	00:52:15	04:45	6		00:00	6		00:00		
11	00:53:59	04:55	7		00:00	7		00:00		7			00:00	7	14	00:58:56	04:13	
	00:00		8	10	00:40:38	04:04	8	11	00:51:28	04:41	8	11	00:48:11	04:23	8	11	00:50:28	04:36
11	00:52:22	04:46	9	11	00:48:50	04:27	9	11	00:50:08	04:34	9		00:00	9		00:00		
	00:00		10	11	00:50:10	04:34	10	15	01:09:22	04:38	10	11	00:45:54	04:11	10		00:00	
17	01:19:30	04:41	11	15	01:10:02	04:40	11		00:00		11		00:00	11		00:00		
11	00:52:52	04:49	12	11	00:46:39	04:15	12	33	03:00:00	05:27	12		00:00	12		00:00		
11	00:51:27	04:41	13		00:00	13	11	00:56:57	05:11	13	11	00:55:21	05:02	13		00:00		
11	00:56:30	05:08	14	14	00:59:40	04:16	14		00:00		14	7	00:33:22	04:46	14		00:00	
	00:00		15	32	02:40:00	05:00	15	14	01:05:00	04:39	15	11	00:52:51	04:49	15		00:00	
15	01:11:42	04:47	16		00:00	16	11	00:46:30	04:14	16		00:00		16		00:00		
	00:00		17		00:00	17	27	02:12:13	04:54	17	11	00:54:28	04:57	17	11	00:52:00	04:44	

18	7	00:40:24	05:47	18		00:00	18	11	00:48:02	04:22	18	14	00:57:51	04:08	18	8	00:36:34	04:35	18	11	00:49:04	04:28	18	
19	11	00:51:01	04:39	19		00:00	19	15	01:07:10	04:29	19	11	00:47:00	04:17	19		00:00	00:00	19		00:00	00:00	19	
20		00:00	00:00	20		00:00	20	20	01:38:10	04:55	20	11	00:46:13	04:12	20	11	00:44:43	04:04	20	14	01:00:31	04:20	20	
21		00:00	00:00	21		00:00	21		00:00	00:00	21	11	00:47:33	04:20	21	15	01:03:43	04:15	21		00:00	00:00	21	
22	10	00:45:00	04:30	22	9	00:43:22	04:49	22	11	00:44:18	04:02	22		00:00	00:00	22		00:00	00:00	22	15	01:04:50	04:20	22
23		00:00	00:00	23	9	00:40:19	04:29	23	11	00:52:52	04:49	23		00:00	00:00	23	13	00:58:07	04:28	23		00:00	00:00	23
24	10	00:45:00	04:30	24		00:00	00:00	24	14	01:01:38	04:24	24		00:00	00:00	24	14	01:00:44	04:20	24		00:00	00:00	24
25	9	00:40:48	04:32	25		00:00	00:00	25	9	00:36:08	04:01	25	14	00:58:18	04:10	25		00:00	00:00	25	11	00:49:27	04:30	25
26		00:00	00:00	26		00:00	00:00	26	14	01:00:55	04:21	26	14	01:00:00	04:17	26		00:00	00:00	26	14	01:02:31	04:28	26
27		00:00	00:00	27	14	01:01:38	04:24	27		00:00	00:00	27		00:00	00:00	27	11	00:48:55	04:27	27		00:00	00:00	27
28		00:00	00:00	28	14	01:00:38	04:20	28	21	01:30:55	04:20	28		00:00	00:00	28		00:00	00:00	28	13	01:01:30	04:44	28
29		00:00	00:00	29		00:00	00:00	29		00:00	00:00	29	14	01:02:29	04:28	29	14	01:00:39	04:20	29		00:00	00:00	29
30		00:00	00:00	30		00:00	00:00	30	14	00:59:34	04:15	30	14	01:02:30	04:28	30	14	00:58:28	04:11	30	15	01:06:44	04:27	30
31	10	00:50:00	05:00	31		00:00	00:00	31		00:00	00:00	31		00:00	00:00	31		00:00	00:00	31		00:00	00:00	31
	146	11:34:32	04:45		131	10:07:41	04:38		292	21:59:20	04:31		217	15:28:00	04:17		221	16:15:07	04:25		232	17:10:33	04:27	
	146	11:34:32	04:45		277	21:42:13	04:42		569	19:41:33	04:36		786	11:09:33	04:31		1007	03:24:40	04:30		1239	20:35:13	04:29	

2725 seit letztem Halbmarathon

Gesamtkilometer: 2441

Gesamtzeit: 186:43:44

Zeit pro km: 04:35

Gesamtkilometer:

Gesamtzeit:

Zeit pro km:

2011

2011	Januar	Februar	März	April	Mai	Juni																		
1		00:00	1	8	00:40:00	05:00	1	15	01:05:16	04:21	1	8	00:36:16	04:32	1		00:00	00:00	1					
2	13	01:04:30	04:58	2	8	00:40:00	05:00	2	8	00:40:00	05:00	2	11	00:51:17	04:40	2		00:00	00:00	2				
3		00:00	00:00	3	8	00:41:36	05:12	3	21	01:34:52	04:31	3	8	00:39:39	04:58	3	11	00:50:37	04:36	3				
4		00:00	00:00	4		00:00	00:00	4	15	01:07:07	04:29	4	11	00:49:01	04:28	4		00:00	00:00	4				
5		00:00	00:00	5		00:00	00:00	5	8	00:38:02	04:46	5	8	00:38:23	04:48	5		00:00	00:00	5				
6	11	00:54:30	04:58	6		00:00	00:00	6	20	01:34:16	04:43	6	15	01:09:03	04:36	6		00:00	00:00	6				
7		00:00	00:00	7		00:00	00:00	7	11	00:51:34	04:42	7		00:00	00:00	7	11	00:49:57	04:33	7				
8		00:00	00:00	8	11	00:51:23	04:41	8	8	00:38:10	04:47	8		00:00	00:00	8		00:00	00:00	8				
9		00:00	00:00	9		00:00	00:00	9		00:00	00:00	9		00:00	00:00	9		00:00	00:00	9				
10	8	00:41:21	05:11	10		00:00	00:00	10	8	00:36:04	04:31	10	27	02:07:30	04:43	10		00:00	00:00	10				
11		00:00	00:00	11		00:00	00:00	11	15	01:07:57	04:32	11	11	00:51:05	04:39	11	9	00:42:30	04:44	11				
12		00:00	00:00	12		00:00	00:00	12		00:00	00:00	12		00:00	00:00	12		00:00	00:00	12				
13	8	00:42:00	05:15	13		00:00	00:00	13	20	01:33:53	04:42	13	8	00:38:30	04:49	13	15	01:07:30	04:30	13				
14	11	00:55:00	05:00	14	11	00:49:31	04:30	14	11	00:52:46	04:48	14		00:00	00:00	14	8	00:37:28	04:41	14				
15		00:00	00:00	15	8	00:43:20	05:25	15	11	00:53:18	04:51	15	8	00:41:30	05:12	15	33	02:38:18	04:48	15				
16		00:00	00:00	16		00:00	00:00	16	11	00:53:18	04:51	16		00:00	00:00	16	8	00:36:51	04:37	16				
17	11	00:51:14	04:40	17		00:00	00:00	17		00:00	00:00	17	20	01:34:30	04:44	17		00:00	00:00	17				
18		00:00	00:00	18	11	00:51:30	04:41	18	15	01:10:00	04:40	18	11	00:49:28	04:30	18	10	00:48:30	04:51	18				
19		00:00	00:00	19		00:00	00:00	19		00:00	00:00	19	15	01:07:22	04:30	19	11	00:50:05	04:33	19				
20	11	00:55:00	05:00	20		00:00	00:00	20	20	01:34:08	04:43	20	15	01:07:43	04:31	20	11	00:50:26	04:35	20				
21	11	00:53:30	04:52	21	11	00:52:01	04:44	21	11	00:50:28	04:36	21		00:00	00:00	21		00:00	00:00	21				
22		00:00	00:00	22	8	00:39:59	05:00	22	8	00:37:43	04:43	22		00:00	00:00	22	27	02:06:30	04:41	22				
23	10	00:45:00	04:30	23		00:00	00:00	23		00:00	00:00	23	30	02:22:26	04:45	23		00:00	00:00	23				
24	11	00:52:43	04:48	24		00:00	00:00	24		00:00	00:00	24	8	00:39:08	04:54	24	8	00:39:08	04:54	24				
25		00:00	00:00	25		00:00	00:00	25	15	01:07:00	04:28	25	10	00:46:30	04:39	25	5	00:21:09	04:14	25				
26		00:00	00:00	26		00:00	00:00	26		00:00	00:00	26	8	00:38:23	04:48	26	7	00:36:00	05:09	26				
27		00:00	00:00	27	14	01:03:24	04:32	27	20	01:36:48	04:51	27		00:00	00:00	27	14	01:04:30	04:37	27				
28	11	00:52:47	04:48	28	11	00:51:46	04:43	28	11	00:51:12	04:40	28		00:00	00:00	28	11	00:51:07	04:39	28				
29		00:00	00:00	29		00:00	00:00	29	8	00:35:19	04:25	29	15	01:06:29	04:26	29	8	00:42:57	05:23	29				
30	8	00:36:30	04:34	30		00:00	00:00	30		00:00	00:00	30	30	02:22:42	04:45	30		00:00	00:00	30				
31	11	00:51:40	04:42	31		00:00	00:00	31	11	00:48:55	04:27	31		00:00	00:00	31		00:00	00:00	31				
	135	10:55:45	04:51		93	07:24:30	04:47		265	20:39:56	04:41		263	20:21:19	04:39		262	20:35:58	04:43		145	11:25:07	04:44	
	135	10:55:45	04:51		228	18:20:15	04:50		493	15:00:11	04:45		756	11:21:30	04:43		1018	07:57:28	04:43		1163	19:22:35	04:43	

2365 seit letztem Halbmarathon

Gesamtkilometer: 2659

Gesamtzeit: 213:16:22

Zeit pro km: 04:49

Gesamtkilometer:

Gesamtzeit:

Zeit pro km:

15	01:07:30	04:30	18			00:00	18			00:00	18	8	00:44:28	05:34	18			00:00	18			00:00
		00:00	19			00:00	19			00:00	19	11	00:52:08	04:45	19			00:00	19			00:00
		00:00	20			00:00	20	11	00:51:30	04:41	20			04:45	20			00:00	20			00:00
20	01:36:19	04:49	21	10	00:48:00	04:48	21			00:00	21	8	00:38:54	04:52	21	12	00:51:00	04:15	21			00:00
11	00:56:13	05:07	22	10	00:45:00	04:30	22	11	00:50:00	04:33	22	11	00:52:15	04:45	22			00:00	22			00:00
15	01:09:38	04:39	23			00:00	23			00:00	23			00:00	23	11	00:49:38	04:31	23			00:00
		00:00	24	12	01:00:00	05:00	24	11	00:49:52	04:32	24	11	00:47:11	04:18	24	11	00:52:13	04:45	24			00:00
25	01:58:23	04:44	25	10	00:41:30	04:09	25			00:00	25			00:00	25			00:00	25			00:00
11	00:53:26	04:52	26	10	00:48:00	04:48	26	42	03:24:06	04:52	26	11	00:52:28	04:46	26	11	00:52:42	04:48	26			00:00
11	00:50:44	04:37	27	10	00:45:00	04:30	27	10	00:44:00	04:24	27	11	00:54:20	04:57	27			00:00	27			00:00
14	01:05:00	04:39	28	30	02:30:00	05:00	28			00:00	28	11	00:47:22	04:19	28	13	00:59:32	04:35	28			00:00
11	00:43:14	03:56	29			00:00	29			00:00	29	11	00:52:30	04:47	29			00:00	29			00:00
11	00:51:48	04:43	30			00:00	30			00:00	30			00:00	30			00:00	30			00:00
28	02:13:40	04:47	31	11	00:50:47	04:37	31			00:00	31			00:00	31			00:00	31			00:00
329	25:43:56	04:42		263	20:16:09	04:37		288	22:53:57	04:46		163	12:49:35	04:43		116	08:51:32	04:35		43	03:33:22	04:58
1568	22:19:09	04:32		1831	18:35:18	04:32		2119	17:29:15	04:34		2282	06:18:50	04:35		2398	15:10:22	04:35		2441	18:43:44	04:35
2705 seit letztem Marathon																						

ntkilometer: 2441
ntzeit: 186:43:44
o km: 04:35

seit 2003 15602 16:21:53 04:24
in Tagen 15602 15.02.00 16:21

2011

Juli			August			September			Oktober			November			Dezember							
14	01:04:30	04:37	1	11	01:00:23	05:30	1			00:00	1	11	00:49:48	04:32	1	11	00:53:00	04:49				
13	01:00:15	04:38	2	8	00:41:00	05:08	2	8	00:40:38	05:05	2	14	01:03:30	04:32	2	11	00:49:24	04:30				
		00:00	3	20	01:40:00	05:00	3	6	00:30:00	05:01	3			00:00	3	11	00:56:41	05:09				
7	00:30:00	04:18	4	11	00:48:18	04:24	4	20	01:34:30	04:44	4	11	00:51:03	04:39	4	14	01:04:50	04:38				
		00:00	5			00:00	5	13	01:05:30	05:03	5			00:00	5			00:00				
		00:00	6	8	00:45:00	05:38	6			00:00	6	11	00:51:33	04:41	6	13	00:59:50	04:36				
11	00:55:22	05:02	7	10	00:42:15	04:14	7	20	01:45:00	05:15	7	13	00:59:50	04:36	7	11	00:50:39	04:37				
15	01:08:21	04:34	8	15	01:18:47	05:15	8	13	01:03:00	04:51	8			00:00	8	8	00:37:30	04:42				
		00:00	9			00:00	9	18	01:27:30	04:52	9			00:00	9			00:00				
		00:00	10	20	01:50:00	05:30	10	14	01:13:00	05:13	10	11	00:51:34	04:42	10			00:00				
		00:00	11	13	01:07:00	05:09	11	35	02:57:30	05:04	11			00:00	11			00:00				
11	00:49:59	04:33	12	10	00:44:00	04:24	12	13	01:10:00	05:23	12			00:00	12	13	00:59:30	04:35				
11	00:51:00	04:38	13	14	01:07:35	04:50	13	11	00:48:08	04:23	13	11	00:48:19	04:24	13	13	00:59:30	04:35				
		00:00	14	31	02:40:00	05:10	14	17	01:15:00	04:25	14	13	01:01:43	04:45	14			00:00				
15	01:08:27	04:34	15	13	01:05:30	05:03	15			00:00	15			00:00	15	8	00:36:41	04:35				
		00:00	16	8	00:38:00	04:45	16	13	01:02:49	04:50	16	14	01:00:00	04:17	16			00:00				
20	01:47:00	05:21	17			00:00	17	27	02:30:00	05:33	17	8	00:38:30	04:49	17	8	00:36:49	04:36				
11	00:53:58	04:55	18	14	01:17:00	05:30	18			00:00	18	9	00:40:00	04:27	18	7	00:35:00	05:00				
10	00:45:00	04:30	19	10	00:52:00	05:12	19	11	00:58:33	05:20	19			00:00	19	13	00:58:00	04:28				
		00:00	20	6	00:32:00	05:21	20			00:00	20	8	00:33:12	04:09	20			00:00				
		00:00	21	10	00:41:54	04:12	21	5	00:30:00	06:01	21	13	00:55:07	04:15	21	11	00:50:38	04:36				
11	00:45:45	04:10	22	14	01:22:00	05:52	22	8	00:46:00	05:45	22			00:00	22	8	00:36:07	04:31				
14	01:13:00	05:13	23	14	01:10:00	05:00	23			00:00	23	14	01:04:00	04:34	23			00:00				
27	02:25:00	05:22	24	20	01:48:30	05:26	24			00:00	24			00:00	24			00:00				
11	00:59:54	05:27	25			00:00	25	42	03:37:30	05:11	25	8	00:37:11	04:39	25	11	00:53:46	04:54				
8	00:35:00	04:23	26	16	01:17:00	04:49	26	8	00:46:00	05:45	26			00:00	26	7	00:35:00	05:00				
14	01:10:00	05:00	27	13	01:12:30	05:35	27			00:00	27	11	00:53:40	04:53	27			00:00				
		00:00	28	31	02:28:30	04:48	28			00:00	28			00:00	28	8	00:36:49	04:36				
11	00:45:48	04:10	29	13	01:02:30	04:49	29	11	00:53:38	04:53	29			00:00	29			00:00				
14	01:15:00	05:22	30	16	01:10:00	04:23	30	13	01:00:59	04:42	30			00:00	30			00:00				
30	02:45:00	05:30	31	13	00:55:42	04:17	31			00:00	31			00:00	31			00:00				
278	22:48:19	04:55		382	31:57:24	05:01		326	27:35:15	05:05		169	12:49:12	04:33		186	14:26:32	04:40		155	12:17:05	04:45
1441	18:10:54	04:45		1823	02:08:18	04:49		2149	05:43:33	04:51		2318	18:32:45	04:50		2504	08:59:17	04:49		2659	21:16:22	04:49
2471 seit letztem Marathon																						

ntkilometer: 2659
ntzeit: 213:16:22
o km: 04:49

seit 2003 18261 13:38:15 04:28
in Tagen 18261 24.02.00 13:38

2012

2012	Januar			Februar			März			April			Mai			Juni								
1	14	01:04:30	04:37	1		00:00	1	11	00:53:07	04:50	1	21	01:31:51	04:23	1	8	00:41:00	05:08	1	11	00:52:00	04:44	1	
2	8	00:38:05	04:46	2		00:00	2	15	01:08:37	04:35	2			00:00	2			00:00	2			00:00	2	
3	11	00:53:52	04:54	3		00:00	3			00:00	3	7	00:35:00	05:00	3	11	00:55:00	05:00	3			00:00	3	
4			00:00	4		00:00	4	20	01:39:30	04:59	4			00:00	4			00:00	4			00:00	4	
5	8	00:39:34	04:57	5	12	00:55:00	5	5		00:00	5	8	00:40:00	05:00	5	6	00:40:00	06:41	5	11	00:52:22	04:46	5	
6	11	00:53:00	04:49	6		00:00	6	11	00:51:16	04:40	6			00:00	6	13	01:00:00	04:37	6			00:00	6	
7			00:00	7	8	00:37:02	7	8	00:36:19	04:33	7			00:00	7	11	00:53:43	04:53	7			00:00	7	
8			00:00	8		00:00	8	11	00:48:49	04:27	8			00:00	8	8	00:38:57	04:52	8	11	00:51:21	04:40	8	
9	11	00:53:08	04:50	9	8	00:39:47	9	15	01:09:11	04:37	9			00:00	9			00:00	9			00:00	9	
10			00:00	10	11	00:54:42	10	10		00:00	10	11	00:48:49	04:27	10	8	00:39:13	04:54	10	14	01:02:00	04:26	10	
11			00:00	11		00:00	11	20	01:29:05	04:27	11			00:00	11			00:00	11	8	00:37:05	04:38	11	
12			00:00	12		00:00	12	8	00:38:15	04:47	12	11	00:50:38	04:36	12	11	00:50:00	04:33	12	11	00:52:55	04:49	12	
13	11	00:54:00	04:55	13		00:00	13	11	00:52:24	04:46	13	11	00:53:44	04:53	13	14	01:06:00	04:43	13			00:00	13	
14	11	00:50:00	04:33	14		00:00	14			00:00	14	5	00:30:00	06:01	14	6	00:40:00	06:41	14			00:00	14	
15			00:00	15	8	00:39:00	15	15		00:00	15	14	01:06:30	04:45	15	11	00:52:36	04:47	15			00:00	15	
16	11	00:55:00	05:00	16	8	00:39:24	16	15	01:02:31	04:10	16	11	00:53:17	04:51	16	8	00:38:43	04:51	16			00:00	16	
17	8	00:37:16	04:40	17	11	00:55:00	17	14	01:01:52	04:25	17	8	00:36:30	04:34	17			00:00	17	14	01:05:00	04:39	17	
18			00:00	18		00:00	18	10	00:48:23	04:51	18			00:00	18			00:00	18	8	00:41:00	05:08	18	
19	8	00:38:06	04:46	19		00:00	19	11	00:49:13	04:29	19	11	00:52:29	04:47	19	11	00:50:00	04:33	19	11	00:55:00	05:00	19	
20	8	00:39:02	04:53	20	11	00:54:00	20	11	00:55:00	05:00	20	11	00:51:57	04:44	20			00:00	20			00:00	20	
21			00:00	21	8	00:44:00	21	14	01:03:00	04:30	21	6	00:30:00	05:01	21	6	00:38:00	06:21	21			00:00	21	
22	11	00:50:00	04:33	22		00:00	22	8	00:40:00	05:00	22	8	00:40:00	05:00	22	8	00:39:12	04:54	22	11	00:53:35	04:53	22	
23	11	00:54:00	04:55	23	11	00:53:42	23	15	01:05:46	04:23	23	11	00:58:00	05:17	23			00:00	23	8	00:40:00	05:00	23	
24			00:00	24	11	00:50:51	24	20	01:39:30	04:59	24	8	00:38:23	04:48	24	8	00:40:00	05:00	24	14	01:10:00	05:00	24	
25			00:00	25		00:00	25			00:00	25			00:00	25			00:00	25	7	00:32:00	04:35	25	
26			00:00	26		00:00	26			00:00	26			00:00	26			00:00	26	8	00:37:00	04:38	26	
27			00:00	27	11	00:48:45	27	11	00:48:59	04:27	27	11	00:50:54	04:38	27			00:00	27			00:00	27	
28	14	01:03:30	04:32	28	8	00:36:57	28	14	01:01:05	04:22	28	7	00:40:00	05:43	28			00:00	28			00:00	28	
29	14	01:05:00	04:39	29		00:00	29	8	00:37:30	04:42	29	11	00:50:00	04:33	29	11	00:50:50	04:38	29			00:00	29	
30			00:00	30		00:00	30	14	01:01:49	04:25	30			00:00	30	8	00:37:33	04:42	30			00:00	30	
31			00:00	31		00:00	31	6	00:30:00	05:01				00:00	31			00:00				00:00	31	
	170	13:28:03	04:45		126	10:08:10	04:50		293	22:31:11	04:37		191	15:18:02	04:48		167	13:50:47	04:59		147	11:41:18	04:46	
	170	13:28:03	04:45		296	23:36:13	04:47		589	22:07:24	04:42		780	13:25:26	04:43		947	03:16:13	04:46		1094	14:57:31	04:46	

2755 seit letztem Halbmarathon

Gesamtkilometer: 2268
Gesamtzeit: 183:09:08

Gesar
Gesar

Zeit pro km: 04:51

Zeit pr

2013

2013	Januar			Februar			März			April			Mai			Juni								
1			00:00	1	11	00:57:12	05:12	1	11	00:55:45	05:04	1	13	01:04:30	04:58	1	14	01:04:59	04:39	1			00:00	1
2	11	00:55:00	05:00	2		00:00		2		00:00		2	7	00:30:12	04:19	2			00:00	2			00:00	2
3	7	00:33:32	04:48	3		00:00		3		00:00		3			00:00	3	8	00:42:00	05:15	3	11	00:54:11	04:56	3
4			00:00	4	7	00:31:15	04:28	4		00:00		4	8	00:42:58	05:23	4			00:00	4	8	00:39:38	04:58	4
5			00:00	5	7	00:31:07	04:27	5		00:00		5	11	00:59:36	05:25	5			00:00	5			00:00	5
6	8	00:40:00	05:00	6		00:00		6		00:00		6			00:00	6	8	00:39:43	04:58	6	8	00:39:57	05:00	6
7			00:00	7		00:00		7		00:00		7	21	01:42:00	04:52	7	8	00:38:57	04:52	7	8	00:45:00	05:38	7
8	8	00:41:31	05:12	8	7	00:30:32	04:22	8		00:00		8	8	00:42:00	05:15	8			00:00	8			00:00	8
9			00:00	9	10	00:45:00	04:30	9		00:00		9	7	00:30:30	04:22	9	10	00:45:00	04:30	9	13	01:05:00	05:00	9
10			04:36	10		00:00		10		00:00		10			00:00	10			00:00	10	8	00:40:24	05:03	10
11	7	00:32:07	04:36	11		00:00		11		00:00		11	7	00:30:35	04:23	11			00:00	11	11	00:55:18	05:02	11
12			00:00	12	6	00:31:37	05:17	12		00:00		12	7	00:36:12	05:11	12			00:00	12			00:00	12
13			00:00	13		00:00		13		00:00		13			00:00	13	8	00:34:31	04:19	13	12	01:00:00	05:00	13
14	6	00:30:00	05:01	14		00:00		14	9	00:45:30	05:04	14	10	00:50:00	05:00	14	8	00:36:46	04:36	14	8	00:41:23	05:11	14

2012

Juli			August			September			Oktober			November			Dezember							
20	01:48:00	05:24	1		00:00	1		00:00	1		00:00	1		00:00	1		00:00					
11	00:55:00	05:00	2	8	00:43:34	05:27	2	28	02:21:30	05:03	2	8	00:38:58	04:53	2	13	01:02:00	04:46	2		00:00	
		00:00	3	11	00:57:04	05:12	3	11	00:56:07	05:06	3			00:00	3			00:00	3	11	00:53:33	04:52
8	00:39:14	04:55	4	20	01:45:00	05:15	4	8	00:35:29	04:26	4	8	00:37:13	04:39	4	11	00:53:30	04:52	4	6	00:30:02	05:01
8	00:40:00	05:00	5		00:00		5		00:00		5			00:00	5	11	00:52:10	04:45	5		00:00	
		00:00	6	6	00:28:13	04:43	6		00:00		6			00:00	6	6	00:32:10	05:22	6		00:00	
		00:00	7		00:00		7	14	01:05:00	04:39	7	13	00:59:30	04:35	7		00:00		7		00:00	
14	01:10:00	05:00	8	5	00:25:49	05:10	8		00:00		8			00:00	8		00:00		8		00:00	
14	01:04:00	04:34	9	11	00:53:00	04:49	9	20	01:33:30	04:41	9	11	00:51:55	04:43	9	13	01:02:34	04:49	9	11	00:52:30	04:47
		00:00	10	6	00:26:18	04:23	10	7	00:36:50	05:16	10	8	00:40:00	05:00	10		00:00		10		00:00	
		00:00	11		00:00		11		00:00		11			00:00	11	14	01:05:30	04:41	11	6	00:30:02	05:01
11	00:54:22	04:57	12	25	02:12:00	05:17	12	11	00:54:24	04:57	12	11	00:53:13	04:51	12	11	00:54:22	04:57	12		00:00	
		00:00	13		00:00		13	11	00:55:02	05:00	13			00:00	13	6	00:30:34	05:06	13	6	00:32:50	05:29
		00:00	14		00:00		14		00:00		14	13	01:00:00	04:37	14		00:00		14		00:00	
13	01:01:00	04:42	15		00:00		15	14	01:08:20	04:53	15	8	00:42:30	05:19	15	11	00:52:55	04:49	15		00:00	
11	00:52:26	04:46	16		00:00		16	32	02:47:30	05:14	16	8	00:38:26	04:49	16	6	00:31:15	05:13	16	11	00:55:00	05:00
11	00:53:18	04:51	17	15	01:09:41	04:39	17		00:00		17			00:00	17		00:00		17	6	00:26:02	04:21
		00:00	18	15	01:06:30	04:26	18	10	00:50:00	05:00	18			00:00	18	14	01:05:30	04:41	18	6	00:28:39	04:47
8	00:39:00	04:53	19	20	01:47:30	05:23	19	9	00:47:30	05:17	19	14	01:05:00	04:39	19	8	00:39:30	04:57	19		00:00	
15	01:15:00	05:00	20	8	00:39:30	04:57	20	9	00:47:30	05:17	20			00:00	20		00:00		20	11	01:00:00	05:28
		00:00	21	11	00:54:00	04:55	21		00:00		21	10	00:45:30	04:33	21		00:00		21		00:00	
14	01:04:00	04:34	22		00:00		22	10	00:50:00	05:00	22			00:00	22	6	00:32:00	05:21	22		00:00	
6	00:37:00	06:11	23	8	00:38:47	04:51	23	30	02:17:30	04:35	23	6	00:30:52	05:09	23	11	00:55:41	05:04	23	9	00:40:00	04:27
		00:00	24	15	01:13:21	04:54	24		00:00		24	8	00:38:30	04:49	24		00:00		24	11	00:50:00	04:33
11	00:55:44	05:04	25		00:00		25	11	00:55:00	05:00	25			00:00	25		00:00		25	11	00:50:00	04:33
8	00:40:52	05:07	26	10	00:45:20	04:32	26		00:00		26			00:00	26	14	01:05:30	04:41	26		00:00	
		00:00	27	11	00:52:22	04:46	27	6	00:32:30	05:26	27			00:00	27	6	00:32:10	05:22	27	13	01:00:00	04:37
10	00:52:00	05:12	28		00:00		28		00:00		28	14	01:00:31	04:20	28		00:00		28		00:00	
14	01:06:00	04:43	29	11	00:52:56	04:49	29	6	00:30:00	05:01	29			00:00	29		00:00		29		00:00	
5	00:29:29	05:55	30	8	00:36:37	04:35	30	42	03:37:59	05:11	30	6	00:31:00	05:11	30		00:00		30		00:00	
11	00:54:22	04:57	31	13	01:02:30	04:49	31		00:00		31			00:00	31		00:00		31		00:00	
223	18:30:47	04:59		237	19:30:02	04:56		289	24:01:41	04:59		146	11:33:08	04:45		161	13:07:21	04:53		118	09:28:38	04:49
1317	09:28:18	04:48		1554	04:58:20	04:50		1843	05:00:01	04:51		1989	16:33:09	04:51		2150	05:40:30	04:51		2268	15:09:08	04:51

2353 seit letztem Marathon

ntkilometer: 2268
ntzeit: 183:09:08

seit 2003 20529 04:47:23 04:30
in Tagen 20529 04.03.00 04:47

o km: 04:51

2013

Juli			August			September			Oktober			November			Dezember							
8	00:40:58	05:08	1	8	00:43:30	05:27	1		00:00	1	8	00:36:50	04:37	1		00:00	1		00:00		00:00	
8	00:42:13	05:17	2		00:00		2		00:00	2	8	00:43:03	05:23	2	8	00:43:30	05:27	2	8	00:41:10	05:09	
		00:00	3		00:00		3	8	00:39:58	05:00	3			00:00	3		00:00		3	8	00:41:00	05:08
		00:00	4	12	01:00:00	05:00	4	14	01:10:00	05:00	4			00:00	4	8	00:43:58	05:30	4		00:00	
8	00:42:32	05:19	5		00:00		5		00:00		5			00:00	5	8	00:39:13	04:54	5		00:00	
		00:00	6		00:00		6	11	00:54:59	05:00	6	14	01:04:41	04:37	6	8	00:40:50	05:07	6	8	00:45:00	05:38
8	00:42:00	05:15	7		00:00		7		00:00		7	8	00:37:20	04:40	7	8	00:40:50	05:07	7		00:00	
8	00:42:41	05:21	8	10	00:50:00	05:00	8		00:00		8	8	00:38:42	04:51	8		00:00		8	8	00:45:00	05:38
8	00:40:40	05:05	9		00:00		9	8	00:37:04	04:38	9			00:00	9	8	00:42:30	05:19	9	8	00:41:41	05:13
10	01:10:00	07:00	10		00:00		10	8	00:38:39	04:50	10	8	00:41:06	05:09	10	8	00:39:08	04:54	10	8	00:40:00	05:00
8	00:41:05	05:09	11	12	01:00:00	05:00	11		00:00		11	11	00:55:24	05:02	11	8	00:40:00	05:00	11		00:00	
8	00:42:59	05:23	12	8	00:40:06	05:01	12	8	00:40:00	05:00	12			00:00	12	8	00:40:23	05:03	12	8	00:40:39	05:05
		00:00	13	8	00:48:00	06:00	13	8	00:40:00	05:00	13	8	00:41:34	05:12	13		00:00		13		00:00	
14	01:08:30	04:54	14		00:00		14		00:00		14	8	00:39:54	05:00	14		00:00		14		00:00	

8	00:40:13	05:02	15	8	00:48:00	06:00	15			00:00	15	8	00:39:37	04:57	15	8	00:45:00	05:38			
8	00:40:25	05:04	16			00:00	16	8	00:37:32	04:42	16	8	00:40:43	05:06	16	8	00:42:00	05:15			
		00:00	17			00:00	17	8	00:38:29	04:49	17	8	00:39:11	04:54	17	8	00:39:41	04:58			
8	00:42:05	05:16	18			00:00	18	8	00:38:23	04:48	18	8	00:39:48	04:59	18	8	00:40:00	00:00			
6	00:32:35	05:26	19	8	00:39:34	04:57	19	8	00:45:00	05:38	19	8	00:40:30	05:04	19	8	00:40:00	00:00			
		00:00	20			00:00	20	8		00:00	20	8	00:41:20	05:10	20	8	00:45:00	05:38			
		00:00	21			00:00	21			00:00	21	14	01:09:30	04:58	21		00:00	00:00			
8	00:42:30	05:19	22			00:00	22	8	00:38:57	04:52	22	8	00:40:58	05:08	22	8	00:42:30	05:19			
8	00:41:06	05:09	23			00:00	23	8	00:40:58	05:08	23	8	00:42:00	05:15	23	8	00:41:30	05:12			
		00:00	24	11	01:00:00	05:28	24			00:00	24	8	00:34:42	04:21	24		00:00	00:00			
		00:00	25	8	00:45:00	05:38	25			00:00	25			00:00	25	8	00:43:00	05:23			
8	00:41:51	05:14	26	8	00:40:04	05:01	26			00:00	26	8	00:42:00	05:15	26	8	00:42:00	05:15			
		00:00	27			00:00	27	9	00:43:30	04:50	27			00:00	27		00:00	00:00			
		00:00	28	8	00:43:51	05:29	28	8	00:42:30	05:19	28	8	00:40:17	05:03	28	8	00:43:00	05:23			
		00:00	29			00:00	29	8	00:39:57	05:00	29	8	00:38:18	04:48	29	8	00:42:09	05:17			
8	00:47:30	05:57	30	8	00:40:08	05:01	30	8	00:39:30	04:57	30	8		00:00	30	8		00:00			
		00:00	31	8	00:43:30	05:27	31	8	00:40:28	05:04	31	8		00:00	31	10	00:53:21	05:20			
150	13:21:53	05:21		125	11:01:43	05:18		113	09:22:07	04:58		168	13:46:00	04:55		136	11:34:19	05:06			
975	09:51:36	05:02		1100	20:53:19	05:04		1213	06:15:26	05:03		1381	20:01:26	05:02		1517	07:35:45	05:03			
																			1638 seit letztem Marathon		

ntkilometer: 1655
ntzeit: 139:47:26
o km: 05:04

seit 2003 22184 00:34:49 04:33
in Tagen 22184 10.03.00 00:34

2014

Juli			August			September			Oktober			November			Dezember						
8	00:40:05	05:01	1			00:00	1			00:00	1			00:00	1			00:00			
		00:00	2			00:00	2	8	00:40:30	05:04	2	10	00:53:02	05:19	2	5	00:22:00	04:25			
8	00:40:36	05:05	3	10	00:48:30	04:51	3			00:00	3	8	00:41:19	05:10	3			00:00			
8	00:43:05	05:24	4	8	00:44:30	05:34	4	10	00:54:49	05:29	4	6	00:26:24	04:24	4			00:00			
		00:00	5	8	00:41:14	05:10	5	11	01:00:00	05:28	5	10	00:52:53	05:18	5			00:00			
		00:00	6			00:00	6	10	00:53:45	05:23	6	8	00:40:49	05:07	6	6	00:27:53	04:39			
		00:00	7	8	00:42:59	05:23	7	10	00:53:45	05:23	7	8	00:42:17	05:18	7	10	00:51:30	05:09			
		00:00	8			00:00	8	7	00:43:30	06:13	8			00:00	8	10	00:54:30	05:27			
		00:00	9			00:00	9	8		00:00	9	10	00:49:30	04:57	9	8	00:45:00	05:38			
		00:00	10	10	00:51:30	05:09	10	7	00:43:30	06:13	10	8	00:40:55	05:07	10	8	00:45:00	05:38			
		00:00	11			00:00	11	10	00:53:26	05:21	11	10	00:41:43	05:13	11	6	00:29:30	04:55			
		00:00	12			00:00	12	8	00:41:01	05:08	12	6	00:29:00	04:50	12	6	00:28:30	04:45			
		00:00	13			00:00	13	8		00:00	13	8	00:42:09	05:17	13	6	00:28:30	04:45			
		00:00	14			00:00	14	10	00:53:26	05:21	14	6	00:25:12	04:12	14	10	00:52:00	05:12			
		00:00	15			00:00	15	8	00:41:01	05:08	15	8	00:42:09	05:17	15	6	00:27:53	04:39			
8	00:42:54	05:22	16	8	00:42:00	05:15	16	8	00:42:00	05:15	16	10	00:52:00	05:12	16	8	00:39:51	04:59			
8	00:43:56	05:30	17			00:00	17	8	00:42:00	05:15	17	8	00:40:48	05:06	17	8	00:42:02	05:16			
6	00:30:00	05:01	18	8	00:42:00	05:15	18	8	00:42:00	05:15	18	6	00:27:23	04:34	18			00:00			
		00:00	19	8	00:42:00	05:15	19	10	00:54:04	05:25	19	6	00:27:23	04:34	19			00:00			
		00:00	20	8	00:42:00	05:15	20	8	00:42:00	05:15	20	8	00:40:18	05:03	20			00:00			
		00:00	21	8	00:42:00	05:15	21	8	00:43:24	05:26	21	8	00:40:14	05:02	21	10	00:51:30	05:09			
6	00:28:53	04:49	22			00:00	22	8	00:41:12	05:09	22	8	00:41:04	05:08	22	8	00:42:55	05:22			
		00:00	23			00:00	23	8	00:42:16	05:17	23	8	00:41:04	05:08	23	10	00:52:00	05:12			
		00:00	24	10	00:53:30	05:21	24	8	00:42:16	05:17	24	10	00:52:00	05:12	24	10	00:51:30	05:09			
11	00:58:22	05:19	25	8	00:40:22	05:03	25	8	00:40:55	05:07	25	8	00:41:16	05:10	25	10	00:51:30	05:09			
		00:00	26			00:00	26	8	00:43:30	05:27	26	10	00:51:30	05:09	26	10	00:51:30	05:09			
		00:00	27			00:00	27	8	00:43:30	05:27	27	10	00:51:30	05:09	27	10	00:51:30	05:09			
10	00:47:53	04:48	28			00:00	28	10	00:49:30	04:57	28	8	00:39:50	04:59	28	8	00:43:23	05:26			
		00:00	29	11	00:57:49	05:16	29	8	00:40:59	05:08	29	8	00:40:51	05:07	29			00:00			
		00:00	30			00:00	30	8	00:40:09	05:02	30	8	00:40:51	05:07	30	10	00:51:52	05:12			
		00:00	31	10	00:51:30	05:09	31	8	00:40:09	05:02	31	8	00:40:11	05:02	31			00:00			
73	06:15:44	05:09		123	10:41:54	05:13		130	11:28:11	05:18		110	09:23:12	05:07		130	10:57:32	05:04			
874	02:09:00	05:05		997	12:50:54	05:06		1127	00:19:05	05:08		1237	09:42:17	05:08		1367	20:39:49	05:07			
																			1569 seit letztem Marathon		

ntkilometer: 1490
ntzeit: 127:13:23

seit 2003 23674 07:48:12 04:35

2015

2015	Januar			Februar			März			April			Mai			Juni									
1			00:00	1	18	01:27:00	04:50	1	10	00:47:30	04:45	1			00:00	1			00:00	1					
2			00:00	2	8	00:43:30	05:27	2	5	00:23:00	04:37	2			00:00	2			00:00	2					
3			00:00	3			00:00	3	6	00:28:29	04:45	3	8	00:42:02	05:16	3	20	01:48:30	05:26	3					
4	10	00:50:50	05:05	4	8	00:41:46	05:14	4			00:00	4			00:00	4	11	00:59:12	05:23	4					
5	8	00:42:43	05:21	5	6	00:25:58	04:20	5			00:00	5	14	01:11:03	05:05	5	8	00:38:14	04:47	5					
6	6	00:27:33	04:36	6	11	00:59:03	05:22	6	11	00:59:08	05:23	6			00:00	6			00:00	6					
7			00:00	7			00:00	7			00:00	7	8	00:42:30	05:19	7	8	00:41:31	05:12	7					
8	6	00:28:03	04:41	8			00:00	8	11	00:57:30	05:14	8			00:00	8			00:00	8					
9			00:00	9	8	00:42:28	05:19	9	8	00:41:30	05:12	9	8	00:40:38	05:05	9	6	00:28:30	04:45	9					
10			00:00	10	8	00:41:24	05:11	10	6	00:27:25	04:35	10			00:00	10	25	01:59:05	04:46	10					
11			00:00	11			00:00	11			00:00	11			00:00	11	6	00:28:50	04:49	11					
12			00:00	12	6	00:27:17	04:33	12	6	00:27:22	04:34	12	18	01:27:30	04:52	12	6	00:28:30	04:45	12					
13			00:00	13	11	00:59:18	05:24	13	11	00:59:26	05:24	13	8	00:41:49	05:14	13	6	00:28:30	04:45	13					
14			00:00	14			00:00	14			00:00	14	11	00:57:02	05:11	14			00:00	14					
15			00:00	15	14	01:15:30	05:24	15			00:00	15			00:00	15			00:00	15					
16			00:00	16	8	00:43:19	05:25	16	11	00:54:11	04:56	16			00:00	16			00:00	16					
17			00:00	17			00:00	17	8	00:41:03	05:08	17	6	00:25:00	04:10	17	12	00:50:00	04:10	17					
18	10	00:50:09	05:01	18	6	00:27:09	04:32	18			00:00	18			00:00	18	8	00:40:50	05:07	18					
19	6	00:27:50	04:39	19			00:00	19	6	00:26:51	04:29	19	13	01:07:30	05:12	19	8	00:41:00	05:08	19					
20	8	00:40:59	05:08	20			00:00	20	6	00:28:07	04:42	20	11	00:59:02	05:22	20			00:00	20					
21			00:00	21			00:00	21			00:00	21	8	00:39:56	05:00	21	5	00:22:30	04:31	21					
22	8	00:40:30	05:04	22	14	01:13:00	05:13	22			00:00	22			00:00	22			00:00	22					
23	11	00:58:02	05:17	23	8	00:41:37	05:13	23	11	00:58:06	05:17	23			00:00	23			00:00	23					
24			00:00	24	6	00:25:48	04:18	24	8	00:41:22	05:11	24	11	00:58:02	05:17	24			00:00	24					
25	14	01:13:05	05:13	25			00:00	25			00:00	25			00:00	25			00:00	25					
26	8	00:40:27	05:04	26	8	00:41:54	05:15	26			00:00	26			00:00	26			00:00	26					
27	8	00:40:03	05:01	27			00:00	27			00:00	27	11	00:57:40	05:15	27			00:00	27					
28	6	00:24:46	04:08	28			00:00	28			00:00	28	8	00:45:00	05:38	28			00:00	28					
29			00:00	29			00:00	29			00:00	29	11	01:00:00	05:28	29			00:00	29					
30			00:00	30			00:00	30			00:00	30			00:00	30			00:00	30					
31			00:00	31			00:00	31			00:00	31			00:00	31			00:00	31					
	109	09:05:00	05:00		148	12:36:01	05:07		124	10:21:00	05:01		154	13:14:44	05:10		141	11:34:42	04:56		133	11:31:20	05:12		
	109	09:05:00	05:00		257	21:41:01	05:04		381	32:02:01	05:03		535	45:16:45	05:05			676	56:51:27	05:03		809	68:22:47	05:04	
									1431										1726	seit letztem HM-Lauf 03/15					

Gesamtkilometer: 1513
Gesamtzeit: 130:07:38

Gesar
Gesar

Zeit pro km: 05:10

Zeit pr

2016

2016	Januar			Februar			März			April			Mai			Juni								
1	10	00:52:02	05:13	1			00:00	1			00:00	1	18	01:43:30	05:45	1			00:00	1				
2			00:00	2			00:00	2	6	00:29:53	04:59	2			00:00	2	6	00:29:30	04:55	2				
3	9	00:46:09	05:08	3			00:00	3			00:00	3	18	01:37:00	05:24	3	6	00:27:46	04:38	3				
4	6	00:28:28	04:45	4			00:00	4			00:00	4	8	00:43:17	05:25	4	8	00:42:30	05:19	4				
5	6	00:30:07	05:02	5			00:00	5			00:00	5	6	00:28:07	04:42	5	16	01:18:30	04:55	5				
6			00:00	6			00:00	6			00:00	6			00:00	6	9	00:48:13	05:22	6				
7			00:00	7			00:00	7			00:00	7	6	00:27:34	04:36	7			00:00	7				
8	8	00:45:37	05:43	8	6	00:31:43	05:18	8	6	00:30:00	05:01	8	8	00:41:57	05:15	8	20	01:59:18	05:58	8				
9			00:00	9	8	00:45:00	05:38	9	7	00:35:00	05:00	9			00:00	9	6	00:29:25	04:55	9				

o km: 05:07

2015

Juli			August			September			Oktober			November			Dezember							
8	00:42:40	05:20	1		00:00	1	8	00:43:00	05:23	1	6	00:30:00	05:01	1	13	01:11:05	05:28	1			00:00	
			2		00:00	2	8	00:42:58	05:23	2			00:00	2	8	00:44:26	05:34	2	6	00:29:19	04:54	
6	00:29:13	04:53	3	8	00:44:30	3			00:00	3			00:00	3	8	00:42:51	05:22	3			00:00	
			4	6	00:27:51	4	6	00:27:51	04:39	4	9	00:46:00	05:07	4	8	00:43:12	05:24	4	8	00:43:30	05:27	
			5	8	00:43:50	5	8	00:43:50	05:29	5	6	00:28:51	04:49	5	6	00:27:36	04:36	5			00:00	
8	00:41:42	05:13	6	6	00:29:30	6			00:00	6			00:00	6			00:00	6	10	00:53:30	05:21	
8	00:42:49	05:22	7		00:00	7	6	00:26:30	04:25	7	6	00:26:30	04:25	7			00:00	7	8	00:43:58	05:30	
			8		00:00	8	8	00:42:15	05:17	8	8	00:42:15	05:17	8	10	00:51:30	05:09	8	8	00:45:18	05:40	
6	00:26:26	04:25	9	13	01:08:30	9			00:00	9	8	00:40:46	05:06	9	8	00:41:57	05:15	9			00:00	
6	00:28:57	04:50	10	6	00:29:53	10			00:00	10			00:00	10	8	00:41:00	05:08	10			00:00	
			11	6	00:29:50	11	6	00:30:00	05:01	11	5	00:24:50	04:59	11			00:00	11	6	00:33:24	05:35	
			12		00:00	12			00:00	12	8	00:39:45	04:58	12			00:00	12			00:00	
8	00:42:08	05:16	13		00:00	13	10	00:55:30	05:33	13	8	00:43:23	05:26	13			00:00	13	10	00:55:00	05:30	
6	00:28:26	04:45	14	8	00:42:41	14	8	00:42:30	05:19	14	8	00:42:30	05:19	14			00:00	14	8	00:46:59	05:53	
			15		00:00	15	8	00:43:30	05:27	15	8	00:43:30	05:27	15	5	00:25:00	05:01	15	8	00:45:11	05:39	
8	00:42:43	05:21	16	12	00:55:30	16	8	00:43:02	05:23	16	8	00:43:45	05:29	16	8	00:42:40	05:20	16			00:00	
11	00:59:41	05:26	17		00:00	17			00:00	17			00:00	17	6	00:28:08	04:42	17	6	00:29:30	04:55	
			18		00:00	18	6	00:27:24	04:34	18	10	00:52:30	05:15	18	8	00:42:22	05:18	18			00:00	
9	00:48:30	05:24	19		00:00	19			00:00	19			00:00	19	8	00:42:58	05:23	19			00:00	
8	00:41:49	05:14	20		00:00	20	8	00:43:30	05:27	20	8	00:43:30	05:27	20	9	00:45:00	05:00	20	9	00:45:30	05:04	
8	00:42:14	05:17	21		00:00	21	8	00:41:32	05:12	21	11	00:58:41	05:20	21			00:00	21	8	00:41:29	05:12	
			22		00:00	22			00:00	22			00:00	22			00:00	22	8	00:42:22	05:18	
6	00:30:00	05:01	23	11	00:54:30	23			00:00	23	8	00:42:16	05:17	23			00:00	23			00:00	
			24	8	00:42:47	24			00:00	24			00:00	24			00:00	24	10	00:53:30	05:21	
			25		00:00	25	6	00:28:50	04:49	25	10	00:45:30	04:33	25			00:00	25	6	00:33:30	05:36	
			26		00:00	26			00:00	26	8	00:43:09	05:24	26	8	00:42:35	05:20	26			00:00	
			27	Oderl	00:29:30	#WERT!	27	12	01:03:00	05:15	27	8	00:43:16	05:25	27			00:00	27	9	00:44:30	04:57
			28		00:00	28			00:00	28			00:00	28			00:00	28			00:00	00:00
			29		00:00	29			00:00	29			00:00	29	18	01:35:00	05:17	29			00:00	
			30		00:00	30			00:00	30	8	00:45:19	05:40	30	8	00:43:19	05:25	30			00:00	
			31		00:00	31			00:00	31			00:00	31			00:00	31			00:00	00:00
106	09:07:18	05:10		92	08:18:52	05:25		110	09:33:31	05:13		121	10:28:01	05:11		147	12:50:39	05:15		128	11:26:30	05:22
915	77:30:05	05:05		1007	85:48:57	05:07		1117	95:22:28	05:07		1238	105:50:29	05:08		1385	118:41:08	05:08		1513	130:07:38	05:10

1480 seit letztem Marathion

ntkilometer: 1513
ntzeit: 130:07:38

seit 2003 25187 1937:55:50 04:37
in Tagen 25187 20.03.00 17:55

o km: 05:10

2016

Juli			August			September			Oktober			November			Dezember							
6	00:30:29	05:05	1	8	00:41:53	05:15	1	6	00:26:24	04:24	1			00:00	1	6	00:29:45	04:58	1			00:00
			2	8	00:42:20	05:18	2			00:00	2			00:00	2	6	00:29:50	04:59	2			00:00
13	01:07:00	05:09	3		00:00	3			00:00	3	13	01:05:29	05:02	3			00:00	3			00:00	00:00
8	00:43:19	05:25	4	6	00:29:09	04:52	4	13	01:04:32	04:58	4	8	00:42:41	05:21	4			00:00	4			00:00
			5		00:00	5	8	00:43:26	05:26	5	5			00:00	5			00:00	5	9	00:47:30	05:17
8	00:43:47	05:29	6		00:00	6	8	00:42:59	05:23	6	8	00:42:59	05:23	6	9	00:47:30	05:17	6	6	00:28:44	04:48	
			7	10	00:50:00	05:00	7			00:00	7	6	00:27:54	04:39	7	8	00:41:58	05:15	7	6	00:28:59	04:50
8	00:44:19	05:33	8	8	00:42:55	05:22	8			00:00	8			00:00	8	8	00:42:59	05:23	8	6	00:29:59	05:00
			9	8	00:42:57	05:23	9			00:00	9	8	00:43:30	05:27	9			00:00	9			00:00

10	00:00	10		18:20	10	8	00:40:00	05:00	10	9	00:45:00	05:00	10			00:00	10	9	00:47:30	05:17	10
11	00:00	11	6	00:29:49	11			00:00	11	6	00:28:32	04:46	11			00:00	11			00:00	11
12	00:00	12	6	00:29:23	12			00:00	12	6	00:30:00	05:01	12	6	00:30:00	05:01	12	10	00:54:30	05:27	12
13	00:00	13		00:00	13	9	00:45:00	05:00	13	8	00:43:27	05:26	13	6	00:32:10	05:22	13	8	00:44:57	05:38	13
14	00:00	14		00:00	14	6	00:28:29	04:45	14	6	00:28:27	04:45	14			00:00	14	6	00:29:36	04:56	14
15	00:00	15		00:00	15	8	00:41:48	05:14	15			00:00	15	25	02:07:58	05:07	15	6	00:30:05	05:01	15
16	00:00	16	8	00:42:41	16			00:00	16			00:00	16			00:00	16			00:00	16
17	00:00	17		00:00	17	8	00:42:10	05:17	17	13	01:08:00	05:14	17	6	00:30:53	05:09	17			00:00	17
18	00:00	18	6	00:29:05	18			00:00	18	6	00:28:30	04:45	18			00:00	18	10	00:50:00	05:00	18
19	00:00	19		00:00	19			00:00	19	8	00:42:02	05:16	19	8	00:44:26	05:34	19			00:00	19
20	00:00	20		00:00	20	15	01:15:00	05:00	20			00:00	20			00:00	20			00:00	20
21	00:00	21		00:00	21	6	00:26:27	04:25	21	6	00:29:27	04:55	21			00:00	21	8	00:42:58	05:23	21
22	00:00	22	10	00:45:30	22			00:00	22			00:00	22			00:00	22			00:00	22
23	00:00	23	6	00:29:30	23			00:00	23	10	00:50:00	05:00	23			00:00	23			00:00	23
24	00:00	24		00:00	24			00:00	24			00:00	24			00:00	24	6	00:31:22	05:14	24
25	00:00	25		00:00	25			00:00	25			00:00	25			00:00	25			00:00	25
26	00:00	26	6	00:30:05	26			00:00	26			00:00	26			00:00	26	10	00:50:00	05:00	26
27	00:00	27		00:00	27	15	01:15:00	05:00	27	14	01:00:00	04:17	27			00:00	27	6	00:29:20	04:54	27
28	00:00	28	10	00:55:00	28	9	00:45:00	05:00	28	6	00:25:58	04:20	28			00:00	28			00:00	28
29	00:00	29	6	00:27:00	29			00:00	29	8	00:43:39	05:28	29			00:00	29			00:00	29
30	00:00	30		00:00	30			00:00	30			00:00	30			00:00	30	6	00:29:34	04:56	30
31	00:00	31		00:00	31			00:00	31			00:00	31			00:00	31			00:00	31

39	03:22:23	05:11		78	06:34:46	05:04		103	08:33:47	04:59		146	12:10:57	05:00		140	12:24:09	05:19		91	07:49:52	05:10
39	03:22:23	05:11		117	09:57:09	05:06		220	18:30:56	05:03		366	30:41:53	05:02		506	43:06:02	05:07		597	50:55:54	05:07

1352

1343 seit letztem 25km-Lauf

Gesamtkilometer: 1354,6
Gesamtzeit: 116:45:08
Zeit pro km: 05:10

Gesam
Gesam
Zeit pr

2017

2017	Januar		Februar		März		April		Mai		Juni												
1		00:00	1	6	00:29:30	04:55	1	6	00:30:49	05:09	1	10	00:54:13	05:26	1				00:00	1			
2	6	00:31:25	05:15	2	6	00:29:58	05:00	2			00:00	2	17	01:29:45	05:17	2	8	00:42:58	05:23	2		00:00	
3		00:00		3		00:00		3	8	00:45:08	05:39	3	8	00:43:03	05:23	3	6	00:28:30	04:45	3		00:00	
4		00:00		4		00:00		4	8	00:44:51	05:37	4	8	00:45:58	05:45	4	8	00:45:58	05:45	4		00:00	
5	6	00:31:08	05:12	5		00:00		5	10	00:55:53	05:36	5			00:00	5	6	00:30:00	05:01	5		00:00	
6	6	00:31:00	05:11	6		00:00		6	6	00:28:17	04:43	6	6	00:28:12	04:42	6			00:00	6		00:00	
7		00:00		7	6	00:29:36	04:56	7	8	00:44:16	05:32	7	11	01:04:23	05:52	7	22	02:07:30	05:48	7		00:00	
8	12	00:59:00	04:55	8	6	00:28:31	04:46	8			00:00	8			00:00	8	11	00:59:09	05:23	8	8	00:44:20	05:33
9	6	00:31:55	05:20	9	6	00:29:00	04:50	9			00:00	9	15	01:23:30	05:34	9	8	00:41:20	05:10	9	11	01:05:00	05:55
10		00:00		10		00:00		10	8	00:46:01	05:46	10	11	00:58:59	05:22	10			00:00	10		00:00	
11	6	00:32:00	05:21	11		00:00		11			00:00	11	8	00:44:39	05:35	11	8	00:43:26	05:26	11		00:00	
12	6	00:30:55	05:10	12		00:00		12			00:00	12			00:00	12			00:00	12	8	00:46:16	05:47
13	6	00:32:00	05:21	13		00:00		13	8	00:45:46	05:44	13	6	00:24:29	04:05	13	6	00:30:00	05:01	13	8	00:44:28	05:34
14		00:00		14		00:00		14			00:00	14			00:00	14	25	02:15:41	05:26	14		00:00	
15		00:00		15		00:00		15			00:00	15	10	00:56:30	05:39	15	8	00:45:00	05:38	15	6	00:30:00	05:01
16		00:00		16		00:00		16	6	00:28:13	04:43	16			00:00	16	8	00:45:27	05:41	16	5	00:24:20	04:53
17	8	00:45:45	05:44	17		00:00		17	8	00:45:13	05:40	17	19	01:46:30	05:36	17	6	00:30:00	05:01	17		00:00	
18	6	00:31:00	05:11	18		00:00		18			00:00	18	8	00:42:45	05:21	18	6	00:29:33	04:56	18	11	00:55:30	05:03
19	6	00:31:03	05:11	19		00:00		19			00:00	19	8	00:45:59	05:45	19	6	00:31:25	05:15	19	8	00:44:01	05:31
20		00:00		20		00:00		20	8	00:41:41	05:13	20	8	00:44:04	05:31	20			00:00	20		00:00	
21		00:00		21	6	00:29:37	04:57	21	8	00:44:44	05:36	21	8	00:45:24	05:41	21			00:00	21		00:00	
22	10	00:51:30	05:09	22		00:00		22	6	00:24:59	04:10	22			00:00	22			00:00	22		00:00	
23	6	00:31:30	05:16	23		00:00		23	6	00:29:02	04:51	23			00:00	23			00:00	23	8	00:44:20	05:33
24	8	00:45:43	05:43	24	6	00:30:47	05:08	24	8	00:45:01	05:38	24	11	01:02:30	05:41	24			00:00	24		00:00	
25		00:00		25		00:00		25			00:00	25	8	00:42:07	05:16	25			00:00	25	9	00:46:30	05:10
26	6	00:30:19	05:04	26		00:00		26	16	01:26:30	05:25	26			00:00	26			00:00	26	8	00:43:20	05:25
27	6	00:30:31	05:06	27	8	00:45:05	05:39	27	8	00:44:39	05:35	27	8	00:40:07	05:01	27			00:00	27	8	00:42:26	05:19
28		00:00		28	6	00:28:58	04:50	28	6	00:29:20	04:54	28	6	00:30:06	05:02	28			00:00	28		00:00	
29	12	00:58:30	04:53	29		00:00		29			00:00	29			00:00	29			00:00	29		00:00	
30	6	00:30:00	05:01	30		00:00		30	6	00:28:14	04:43	30	13	01:08:30	05:16	30			00:00	30	8	00:43:03	05:23
31	6	00:30:12	05:03	31		00:00		31	11	01:01:28	05:36	31			00:00	31			00:00	31		00:00	

		00:00	10		00:00	10		00:00	10	8	00:43:04	05:23	10	6	00:29:45	04:58	10		00:00			
6	00:30:17	05:03	11		00:00	11	9	00:45:00	05:00	11	6	00:27:40	04:37	11	11	01:04:03	05:50	11		00:00		
6	00:29:41	04:57	12	11	00:56:50	05:10	12	8	00:43:54	05:30	12		00:00	12		00:00	12		00:00			
4	00:21:00	05:16	13		00:00	13	8	00:44:23	05:33	13		00:00	13	10,6	00:51:01	04:49	13		00:00			
		00:00	14		00:00	14		00:00	14	11	00:59:02	05:22	14	6	00:30:13	05:03	14		00:00			
6	00:30:12	05:03	15	8	00:43:44	05:28	15	6	00:29:20	04:54	15		00:00	15	8	00:43:44	05:28	15		00:00		
6	00:30:16	05:03	16	8	00:42:31	05:19	16		00:00	16	10	00:53:30	05:21	16	8	00:41:22	05:11	16		00:00		
		00:00	17	11	01:00:49	05:32	17		00:00	17	6	00:28:30	04:45	17	6	00:29:25	04:55	17		00:00		
10	00:48:30	04:51	18		00:00	18	13	01:06:30	05:07	18	8	00:43:21	05:26	18	8	00:45:50	05:44	18		00:00		
8	00:43:13	05:25	19		00:00	19	6	00:29:17	04:53	19	6	00:28:59	04:50	19		00:00	19		00:00			
6	00:28:46	04:48	20		00:00	20	8	00:43:33	05:27	20	8	00:44:49	05:37	20	11	00:53:30	04:52	20		00:00		
6	00:28:00	04:40	21		00:00	21		00:00	21			00:00	21	8	00:42:33	05:20	21		00:00			
6	00:30:12	05:03	22		00:00	22	8	00:43:08	05:24	22		00:00	22	8	00:43:27	05:26	22		00:00			
		00:00	23		00:00	23	11	00:58:49	05:21	23	12	00:58:30	04:53	23		00:00	23		00:00			
12	00:58:30	04:53	24		00:00	24		00:00	24			00:00	24	8	00:43:44	05:28	24		00:00			
6	00:28:53	04:49	25	8	00:43:09	05:24	25		00:00	25	8	00:43:19	05:25	25	8	00:43:05	05:24	25	12	01:01:20	05:07	
6	00:30:31	05:06	26	8	00:45:29	05:42	26	8	00:43:08	05:24	26		00:00	26		00:00	26	12	01:02:20	05:12		
		00:00	27		00:00	27	8	00:42:43	05:21	27		00:00	27	9	00:47:30	05:17	27		00:00			
6	00:28:35	04:46	28		00:00	28	6	00:29:30	04:55	28		00:00	28	8	00:43:30	05:27	28		00:00			
		00:00	29	11	01:00:36	05:31	29		00:00	29		00:00	29		00:00	29			00:00			
		00:00	30		00:00	30	8	00:46:24	05:48	30	10	00:53:30	05:21	30		00:00	30		00:00			
		00:00	31	8	00:45:10	05:39	31		00:00	31	8	00:43:48	05:29	31		00:00	31	10	00:52:00	05:12		
137	11:35:30	05:05		121	10:47:32	05:21		142	12:23:00	05:14		136	11:47:36	05:12		160,6	14:04:44	05:16		61	05:10:52	05:06
734	62:31:24	05:07		855	73:18:56	05:09		997	85:41:56	05:09		1133	97:29:32	05:10		1294	111:34:16	05:10		1354,6	116:45:08	05:10

1393 seit letztem Marathon

ntkilometer: 1354,6

ntzeit: 116:45:08

seit 2003 26542 2054:40:58 04:39

in Tagen 26542 25.03.00 14:40

o km: 05:10

2017

Juli			August			September			Oktober			November			Dezember							
		00:00	1	8	00:46:27	05:49	1	8	00:43:55	05:30	1		00:00	1	8	00:45:30	05:42	1	8	00:44:34	05:35	
11	00:52:51	04:49	2		00:00	2		00:00	2			00:00	2	6	00:27:14	04:33	2		00:00			
8	00:43:00	05:23	3		00:00	3	10	00:56:30	05:39	3		00:00	3	11	01:03:54	05:49	3	10	00:54:45	05:29		
		00:00	4	8	00:50:00	06:15	4	8	00:44:03	05:31	4		00:00	4		00:00	4	8	00:45:03	05:38		
		00:00	5		00:00	5	8	00:43:06	05:24	5		00:00	5	10	00:55:00	05:30	5	8	00:43:31	05:27		
		00:00	6		00:00	6		00:00	6			00:00	6	8	00:45:51	05:44	6	8	00:43:55	05:30		
		00:00	7	8	00:43:26	05:26	7	6	00:27:57	04:40	7		00:00	7	8	00:45:31	05:42	7	8	00:43:44	05:28	
		00:00	8	8	00:40:52	05:07	8		00:00	8		00:00	8		00:00	8		00:00				
10	00:55:30	05:33	9		00:00	9		00:00	9			00:00	9	6	00:28:45	04:48	9		00:00			
8	00:45:51	05:44	10	8	00:45:45	05:44	10		00:00	10	8	00:43:03	05:23	10	8	00:44:12	05:32	10		00:00		
8	00:43:12	05:24	11	11	01:05:09	05:56	11		00:00	11		00:00	11		00:00	11		00:00				
		00:00	12		00:00	12		00:00	12		8	00:44:47	05:36	12	10	00:55:40	05:34	12	8	00:45:49	05:44	
		00:00	13		00:00	13		00:00	13		11	01:05:31	05:58	13	8	00:46:14	05:47	13	8	00:45:00	05:38	
		00:00	14	8	00:46:28	05:49	14		00:00	14		00:00	14		00:00	14		00:00				
		00:00	15	8	00:44:20	05:33	15		00:00	15		00:00	15	8	00:46:08	05:46	15	8	00:44:03	05:31		
		00:00	16		00:00	16		00:00	16			00:00	16	6	00:28:16	04:43	16		00:00			
		00:00	17	8	00:46:22	05:48	17	10	00:55:55	05:36	17	8	00:43:54	05:30	17		00:00	17		00:00		
		00:00	18	8	00:48:55	06:07	18	8	00:41:51	05:14	18	8	00:43:47	05:29	18		00:00	18		00:00		
		00:00	19		00:00	19	8	00:41:21	05:11	19	8	00:44:03	05:31	19	10,6	00:51:46	04:53	19	8	00:41:42	05:13	
		00:00	20		00:00	20		00:00	20			00:00	20	8	00:44:43	05:36	20		00:00			
		00:00	21		00:00	21	8	00:41:52	05:14	21	10	00:56:21	05:38	21	8	00:43:55	05:30	21	8	00:42:22	05:18	
		00:00	22		00:00	22	11	01:00:53	05:32	22	10	00:54:13	05:26	22		00:00	22		00:00			
		00:00	23		00:00	23		00:00	23		8	00:45:12	05:39	23	8	00:43:07	05:24	23		00:00		
		00:00	24	8	00:45:18	05:40	24	10	00:51:30	05:09	24	8	00:42:23	05:18	24	8	00:44:15	05:32	24	10	00:55:00	05:30
		00:00	25	11	01:02:10	05:39	25		00:00	25		00:00	25		00:00	25		00:00				
		00:00	26		00:00	26	8	00:41:24	05:11	26		00:00	26	10	00:53:15	05:20	26	13	01:09:00	05:19		
		00:00	27		00:00	27	8	00:41:58	05:15	27		00:00	27	8	00:43:09	05:24	27		00:00			
		00:00	28	8	00:43:59	05:30	28		00:00	28	10	00:56:45	05:41	28	8	00:42:17	05:18	28	8	00:42:29	05:19	
		00:00	29	8	00:44:38	05:35	29	8	00:44:03	05:31	29		00:00	29		00:00	29		00:00			
10	00:50:00	05:00	30		00:00	30		00:00	30			00:00	30	8	00:45:00	05:38	30		00:00			
4	00:20:00	05:01	31	8	00:44:13	05:32	31		00:00	31	10	00:54:40	05:28	31		00:00	31	8	00:50:00	06:15		

134	11:35:26	05:11		56	04:41:02	05:01		151	13:25:14	05:20		197	17:46:23	05:25		152	13:40:10	05:24		106	09:33:34	05:25	
134	11:35:26	05:11		190	16:16:28	05:08		341	29:41:42	05:14		538	47:28:05	05:18		690	61:08:15	05:19		796	70:41:49	05:20	

1539 seit letztem 25km-Lauf

Gesamtkilometer: 1525,6
 Gesamtzeit: 137:24:39
 Zeit pro km: 05:24

Gesam
 Gesam
 Zeit pr

2018

2018	Januar				Februar				März				April				Mai				Juni					
1	10	00:56:30	05:39	1	6	00:31:20	05:14	1	6	00:30:55	05:10	1			00:00	1	6	00:30:00	05:01	1			00:00	1		
2	8	00:45:30	05:42	2	6	00:31:15	05:13	2			00:00	2	11	00:58:12	05:18	2			00:00	2			00:00	2		
3	6	00:32:30	05:26	3			00:00	3			00:00	3	8	00:45:00	05:38	3	6	00:30:00	05:01	3	9	00:48:11	05:22	3		
4	8	00:46:19	05:48	4			00:00	4			00:00	4	8	00:46:01	05:46	4			00:00	4	6	00:30:36	05:07	4		
5			00:00	5			00:00	5			00:00	5	6	00:30:16	05:03	5	6	00:30:00	05:01	5			00:00	5		
6			00:00	6	8	00:44:16	05:32	6			00:00	6			00:00	6			00:00	6	6	00:33:45	05:38	6		
7	10	00:52:50	05:17	7			00:00	7			00:00	7			00:00	7	6	00:30:00	05:01	7	4	00:22:30	05:38	7		
8	8	00:46:23	05:48	8	6	00:31:58	05:20	8			00:00	8	10	00:49:13	04:56	8			00:00	8	6	00:33:28	05:35	8		
9	8	00:43:53	05:30	9			00:00	9			00:00	9	6	00:30:10	05:02	9	6	00:30:00	05:01	9			00:00	9		
10			00:00	10			00:00	10			00:00	10	10	00:43:29	04:21	10			00:00	10			00:00	10		
11	8	00:44:00	05:30	11			00:00	11	11	00:57:41	05:15	11			00:00	11			00:00	11	5	00:28:23	05:41	11		
12	8	00:46:04	05:46	12			00:00	12	6	00:31:30	05:16	12	6	00:29:13	04:53	12			00:00	12	8	00:46:12	05:47	12		
13			00:00	13			00:00	13	8	00:43:55	05:30	13	6	00:31:41	05:17	13	10	00:59:01	05:54	13			00:00	13		
14			00:00	14			00:00	14			00:00	14			00:00	14			00:00	14			00:00	14		
15	8	00:43:00	05:23	15			00:00	15			00:00	15	9	00:49:30	05:30	15			00:00	15			00:00	15		
16			00:00	16			00:00	16			00:00	16	6	00:29:54	04:59	16	6	00:31:04	05:11	16			00:00	16		
17	8	00:42:43	05:21	17			00:00	17			00:00	17	8	00:45:41	05:43	17	6	00:28:07	04:42	17			00:00	17		
18	6	00:31:04	05:11	18			00:00	18	10	00:47:30	04:45	18	6	00:29:54	04:59	18	6	00:32:30	05:26	18	6	00:31:46	05:18	18		
19	8	00:44:53	05:37	19			00:00	19	6	00:30:58	05:10	19	6	00:32:00	05:21	19			00:00	19	6	00:31:49	05:19	19		
20			00:00	20			00:00	20	6	00:31:00	05:11	20			00:00	20	8	00:45:30	05:42	20	6	00:31:29	05:15	20		
21	6	00:30:00	05:01	21			00:00	21	6	00:31:52	05:19	21			00:00	21			00:00	21	6	00:31:29	05:15	21		
22	6	00:30:00	05:01	22			00:00	22			00:00	22	10	00:58:03	05:49	22	8	00:46:02	05:46	22			00:00	22		
23			00:00	23			00:00	23	6	00:32:19	05:24	23			00:00	23			00:00	23			00:00	23		
24			00:00	24			00:00	24			00:00	24			00:00	24	6	00:31:41	05:17	24	10	00:49:30	04:57	24		
25	8	00:46:07	05:46	25	10	00:47:30	04:45	25	10	00:58:30	05:51	25			00:00	25	6	00:32:42	05:28	25			00:00	25		
26	8	00:44:42	05:36	26	6	00:30:17	05:03	26	6	00:29:30	04:55	26			00:00	26			00:00	26	8	00:45:19	05:40	26		
27			00:00	27	6	00:29:51	04:59	27	8	00:42:55	05:22	27			00:00	27	8	00:51:30	06:27	27			00:00	27		
28			00:00	28			00:00	28			00:00	28			00:00	28	6	00:32:43	05:28	28	6	00:31:30	05:16	28		
29	8	00:48:00	06:00	29			00:00	29			00:00	29	6	00:30:00	05:01	29	8	00:46:08	05:46	29	8	00:46:35	05:50	29		
30	8	00:47:20	05:55	30			00:00	30			00:00	30			00:00	30			00:00	30			00:00	30		
31			00:00	31			00:00	31			00:00	31			00:00	31	6	00:32:19	05:24	31			00:00	31		
148	13:41:48	05:33		48	04:06:27	05:08		89	07:48:35	05:16		122	10:38:17	05:14		114	10:19:17	05:26		100	09:02:32	05:26				
148	13:41:48	05:33		196	17:48:15	05:27		285	25:36:50	05:24		407	36:15:07	05:21		521	46:34:24	05:22		621	55:36:56	05:22				

1243 seit letztem 25km-Lauf

Gesamtkilometer: 1071,1
 Gesamtzeit: 96:25:00
 Zeit pro km: 05:24

Gesam
 Gesam
 Zeit pr

Alltime Bestzeit

Persönliche Bestzeiten und Jahresbestleistungen

2005				2006				2007				2008														
11	27.11.06	00:42:05		11	00:43:48	08.07.05			00:42:29	03.04.06		00:42:05	27.11.06			00:43:27	15.01.07		00:44:30	22.01.07		00:42:55	11.09.08		00:4	
14	01.05.07	00:54:22		14	00:55:32	23.07.05		00:55:27	10.10.05		00:54:30	16.04.06		00:54:35	26.11.06		00:54:33	07.04.07		00:54:22	01.05.07		00:56:46	19.09.08		00:5
15a	15.09.05	00:57:32		15a	00:57:32	15.09.05					00:58:41	03.08.06		00:58:14	31.08.06											
15b	08.06.09	00:57:17		15b													00:58:40	23.05.07		00:57:45	07.05.07		01:03:26	21.04.08		01:0
20	09.09.07	01:23:40		20	01:24:48	31.07.05					01:25:28	17.09.06					01:23:49	03.06.07		01:23:40	09.09.07		01:27:57	14.07.08		01:2
30				30							02:08:36	10.09.06														

59	05:10:24	05:16		126	11:58:02	05:42		119	10:36:18	05:21		107	09:54:39	05:33		173,6	15:43:42	05:26		145	13:19:45	05:31
855	75:52:13	05:19		981	87:50:15	05:22		1100	98:26:33	05:22		1207	108:21:12	05:23		1381	124:04:54	05:24		1525,6	137:24:39	05:24

ntkilometer: 1525,6
ntzeit: 137:24:39
o km: 05:24

seit 2003 28.067 2068:00:43 04:25
in Tagen 28.067 03 26 04:00:43
(mm dd hh:mm:ss)

2018

Juli			August			September			Oktober			November			Dezember							
10	00:56:30	05:39	1		00:00	1		00:00	1	8	00:41:11	05:09	1		00:00	1		00:00				
8	00:44:06	05:31	2		00:00	2		00:00	2	8	00:47:05	05:54	2		00:00	2		00:00				
		00:00	3		00:00	3	8	00:45:51	3			00:00	3		00:00	3		00:00				
6	00:30:43	05:08	4		00:00	4		00:00	4	6	00:26:03	04:21	4		00:00	4		00:00				
6	00:31:37	05:17	5		00:00	5		00:00	5	11	01:07:38	06:09	5		00:00	5		00:00				
		00:00	6	6	00:32:49	6		00:00	6			00:00	6		00:00	6		00:00				
		00:00	7		00:00	7		00:00	7	9	00:40:05	04:28	7		00:00	7		00:00				
		00:00	8	6	00:32:13	8		00:00	8	8	00:43:36	05:27	8		00:00	8		00:00				
6	00:32:22	05:24	9	6	00:34:33	9	18	01:42:30	9	8	00:42:10	05:17	9		00:00	9		00:00				
6	00:32:39	05:27	10		00:00	10	8	00:47:46	10			00:00	10		00:00	10		00:00				
		00:00	11		00:00	11	6	00:30:15	11	6	00:31:02	05:11	11		00:00	11		00:00				
		00:00	12		00:00	12		00:00	12	11	01:03:21	05:46	12		00:00	12		00:00				
6	00:31:16	05:13	13	6	00:32:41	13	6	00:26:54	13			00:00	13		00:00	13		00:00				
		00:00	14	6	00:29:41	14	8	00:47:03	14	20	02:00:30	06:02	14		00:00	14		00:00				
9	00:52:30	05:50	15	8	00:46:28	15		00:00	15			00:00	15		00:00	15		00:00				
6	00:32:02	05:21	16	6	00:28:53	16		00:00	16	8	00:40:00	05:00	16		00:00	16		00:00				
6	00:32:02	05:21	17		00:00	17	8	00:48:13	17			00:00	17		00:00	17		00:00				
		00:00	18		00:00	18		00:00	18	6	00:29:52	04:59	18		00:00	18		00:00				
		00:00	19	13	01:09:30	19		00:00	19			00:00	19		00:00	19		00:00				
		00:00	20	8	00:45:49	20		00:00	20			00:00	20		00:00	20		00:00				
		00:00	21	8	00:43:31	21	6	00:33:02	21	21,1	01:44:34	04:57	21		00:00	21		00:00				
		00:00	22		00:00	22	10	00:55:30	22	6	00:30:07	05:02	22		00:00	22		00:00				
		00:00	23	6	00:29:27	23	18	01:43:30	23			00:00	23		00:00	23		00:00				
		00:00	24		00:00	24	8	00:43:52	24			00:00	24		00:00	24		00:00				
		00:00	25		00:00	25	8	00:42:52	25			00:00	25		00:00	25		00:00				
		00:00	26	16	01:35:30	26		00:00	26			00:00	26		00:00	26		00:00				
		00:00	27		00:00	27	6	00:26:54	27			00:00	27		00:00	27		00:00				
		00:00	28	8	00:43:11	28		00:00	28			00:00	28		00:00	28		00:00				
		00:00	29		00:00	29		00:00	29			00:00	29		00:00	29		00:00				
		00:00	30	6	00:26:05	30	18	01:40:30	30			00:00	30		00:00	30		00:00				
		00:00	31		00:00	31		00:00	31			00:00	31		00:00	31		00:00				
69	06:15:47	05:27		109	09:50:21	05:25		136	12:34:42	05:33		136,1	12:07:14	05:21		0	00:00:00	00:00		0	00:00:00	00:00
690	61:52:43	05:23		799	71:43:04	05:23		935	84:17:46	05:25		1071	96:25:00	05:24		1071	96:25:00	05:24		1071,1	96:25:00	05:24

ntkilometer: 1071,1
ntzeit: 96:25:00
o km: 05:24

seit 2003 29.138 2164:25:43 04:27
in Tagen 29.138 03 30 04:25:43
(mm dd hh:mm:ss)

2009		2010		2011												
4:33	16.10.08	00:42:37	30.04.09	00:42:52	30.09.09	00:43:14	29.07.10	00:45:45	29.07.10							11
6:18	20.09.08	00:55:11	18.04.09	00:55:24	09.05.09											14
																15a
3:06	25.08.08	00:57:17	08.06.09													15b
6:10	01.09.08	01:26:09	10.05.09													20
																30

Laufstrecken

- 8 ZIB -> Platz am Wilden Eber -> Grunewaldsee -> Königin-Luise-Str. -> ZIB
- 10 ZIB -> Platz am Wilden Eber -> Roseneck -> Garystr. -> Altensteinstr. -> ZIB (Winterstrecke)
- 11 ZIB -> Platz am Wilden Eber -> Grunewaldsee (Umrundung) -> Königin-Luise-Str. -> ZIB
- 14 Lausitzer Platz -> Engelbecken -> Böckler Park -> Altes Zollhaus -> Treptower Str./Teupitzer Brücke
-> Lohmühlensbrücke -> Schlesiischer Busch -> Görlitzer Park -> Lausitzer Platz
- 15a ZIB -> Platz am Wilden Eber -> 2 x Grunewaldsee -> Königin-Luise-Str. -> ZIB
- 15b ZIB -> Platz am Wilden Eber -> Grunewaldsee -> Königsweg -> Onkel-Tom-Str. -> Grunewaldsee -> Königin-Luise-Str. -> ZIB
- 20 Lausitzer Platz -> Engelbecken -> Böckler Park -> Altes Zollhaus -> Treptower Str./Teupitzer Brücke
-> Kiehlufer -> Kolonie Südpol -> Kieffholzstr. -> Baumschulenweg -> Plänterwald
-> Treptower Park -> Eichenstr. -> Schlesiischer Busch -> Görlitzer Park -> Lausitzer Platz
- 30 Lausitzer Platz -> Engelbecken -> Böckler Park -> Altes Zollhaus -> Treptower Str./Teupitzer Brücke
-> Kiehlufer -> Kolonie Südpol -> Kieffholzstr. -> Baumschulenweg -> Plänterwald
-> Treptower Park -> Eichenstr. -> Schlesiischer Busch -> Treptower Str./Teupitzer Brücke
-> Altes Zollhaus -> Böckler Park -> Engelbecken -> Lausitzer Platz

Wichtige Lehre aus den bisherigen Marathonläufen:

Der Testlauf über 30 km ist zu schnell, es kommt darauf an, 3 Std zu laufen, egal in welchem Tempo !!

Wassertrinken üben

Cool bleiben

