

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
12		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	13		00:00	13		00:00	13
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
 Zeit pro km: 04:45

Gesamtkilom
 Gesamtzeit:
 Zeit pro km:

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		
6		00:00	6		00:00	6		00:00	6		00:00	00:00	6		00:00	6		00:00	6	14		
7		00:00	7		00:00	7		10	00:45:29	04:33	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	14		
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		
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	
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	14		
12		00:00	12		00:00	12		00:00	12		00:00	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	11	
14		00:00	14		00:00	14	10	00:46:37	04:40	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	11	
16		00:00	16		00:00	16		00:00	16		00:00	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		
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	14
19		00:00	19	11	00:49:04	04:28	19	00:00	19	00:00	19		00:00	19		00:00	19		00:00	19	10	
20		00:00	20		00:00	20	10	00:45:49	04:35	20	11	00:44:41	04:04	20		00:00	20	14	01:02:32	04:28	20	

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	00:00	3	00:00						
00:00	4		00:00	4		00:00	4		00:00	4		00:00	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	7		00:00	7		00:00	7	00:00						
00:00	8		00:00	8		00:00	8		00:00	00:00	8		00:00	8	00:00						
00:00	9		00:00	9		00:00	9		00:00	00:00	9		00:00	9	00:00						
00:00	10		00:00	10		00:00	10		00:00	00:00	10		00:00	10	00:00						
00:00	11		00:00	11	8,5	00:43:18	05:06	11		00:00	11		00:00	11	00:00						
00:00	12		00:00	12		00:00	12	8,5	00:39:23	04:38	12		00:00	12	00:00						
00:00	13		00:00	13		00:00	13		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	14		00:00	14		00:00	00:00						
00:00	15		00:00	00:00	15		00:00	00:00	15		00:00	15		00:00	00:00						
00:00	16		00:00	00:00	16		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	17		00:00	17		00:00	00:00						
00:00	18		00:00	00:00	18	8,5	00:42:06	04:58	18		00:00	18		00:00	00:00						
00:00	19		00:00	00:00	19		00:00	00:00	19		00:00	19		00:00	00:00						
00:00	20		00:00	00:00	20		00:00	00:00	20		00:00	20		00:00	00:00						
00:00	21	8,5	00:42:56	05:03	21		00:00	00:00	21		00:00	21	10	00:46:48	04:41						
00:00	22		00:00	00:00	22		00:00	00:00	22		00:00	22		00:00	00:00						
00:00	23		00:00	00:00	23		00:00	00:00	23		00:00	23	10	00:44:47	04:29						
00:00	24		00:00	00:00	24		00:00	00:00	24		00:00	24		00:00	00:00						
00:00	25		00:00	00:00	25		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	26	10	00:45:51	04:35	26		00:00						
00:00	27		00:00	00:00	27		00:00	00:00	27		00:00	27		00:00	00:00						
00:00	28		00:00	00:00	28	8,5	00:40:28	04:46	28		00:00	28		00:00	20	01:34:50	04:45				
00:00	29		00:00	00:00	29		00:00	00:00	29		00:00	29		00:00	00:00	00:00					
00:00	30	8,5	00:41:12	04:51	30		00:00	00:00	30		10	00:44:46	04:29	30		00:00					
00:00	31	4	00:18:00	04:31	31		00:00	00:00	31			00:00	31	14	01:04:30	04:37					
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
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

meter: 210
16:38:29
04:45

seit 2003 210 16:38:29 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	
00:47:37	2		00:00	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	00:00	3	11	00:46:14	04:12	3	14	01:02:19	04:27	3		00:00	3		00:00	
01:04:22	4	14	01:02:53	04:30	4		00:00	00:00	4		00:00	4		00:00	00:00	4		00:00	
00:00	5		00:00	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	6		00:00	00:00	6		00:00	
01:03:22	7		00:00	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	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	9	10	00:46:22	04:38	9		00:00	
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
01:05:17	11		00:00	00:00	11		00:00	00:00	11		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	12		00:00	00:00	12		00:00	
00:47:01	13	10	00:45:48	04:35	13	12	00:48:30	04:03	13		00:00	13		00:00	00:00	13		00:00	
00:00	14		00:00	00:00	14		00:00	00:00	14		00:00	14		00:00	00:00	14		00:00	
00:48:01	15	18	01:25:25	04:45	15	12	00:48:04	04:01	15		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	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
01:04:54	18		00:00	00:00	18		00:00	00:00	18		00:00	18		00:00	00:00	18		00:00	
00:46:58	19		00:00	00:00	19	21	01:28:57	04:14	19		00:00	19		00:00	00:00	19		00:00	
00:00	20	11	00:48:21	04:24	20		00:00	00:00	20		00:00	20		00:00	00:00	20		00:00	

21	00:00	21	10 00:47:01	04:42	21	00:00	00:00	21	00:00	00:00	21	11 00:47:33	04:20	21					
22	00:00	22	00:00	00:00	22	11 00:46:30	04:14	22	00:00	00:00	22	00:00	00:00	22					
23	00:00	23	00:00	00:00	23	00:00	00:00	23	10 00:45:28	04:33	23	00:00	00:00	23	10				
24	00:00	24	00:00	00:00	24	10 00:46:18	04:38	24	00:00	00:00	24	10 00:46:57	04:42	24					
25	00:00	25	00:00	00:00	25	00:00	00:00	25	10 00:43:49	04:23	25	10 00:46:05	04:37	25	10				
26	00:00	26	00:00	00:00	26	00:00	00:00	26	00:00	00:00	26	00:00	00:00	26	10				
27	00:00	27	00:00	00:00	27	00:00	00:00	27	10 00:45:25	04:33	27	00:00	00:00	27					
28	00:00	28	00:00	00:00	28	00:00	00:00	28	00:00	00:00	28	00:00	00:00	28	10				
29	00:00	29	10 00:47:37	04:46	29	11 00:46:30	04:14	29	00:00	00:00	29	11 00:46:09	04:12	29					
30	00:00	30	00:00	00:00	30	00:00	00:00	30	00:00	00:00	30	00:00	00:00	30	10				
31	00:00	31	00:00	00:00	31	00:00	00:00	31	00:00	00:00	31	00:00	00:00	31					
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		159
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		584

Gesamtkilometer: 1221
Gesamtzeit: 90:53:16

Gesamtkilom
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	10		
2		00:00	2		00:00	2		00:00	2		00:00	2		00:00	2	11 00:47:05	04:17	2		2		
3		00:00	3	11 00:47:08	04:17	3		00:00	3	21 01:37:43	04:39	3	11 00:47:02	04:17	3	11 00:47:01	04:17	3		3	20	
4		00:00	4		00:00	4		00:00	4		00:00	4		00:00	4		00:00		4		11	
5		00:00	5		00:00	5		00:00	5		00:00	5		00:00	5	10 00:44:00	04:24	5		5		
6	11 00:45:34	04:09	6		00:00	6	14 01:00:25	04:19	6	krank	00:00	6		00:00	6	11 00:45:39	04:09	6		6		
7		00:00	7		00:00	7	11 00:48:15	04:23	7		00:00	7		00:00	7		00:00		7		11	
8		00:00	8		00:00	8		00:00	8		00:00	8		00:00	8		00:00		8		11	
9		00:00	9		00:00	9		00:00	9		00:00	9		00:00	9		00:00		9		14	
10		00:00	10		00:00	10		00:00	10		00:00	10		00:00	10		00:00		10		20	
11		00:00	11		00:00	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	12		00:00	12	11 00:47:16	04:18	12	14 00:58:09	04:09	12	
13		00:00	13		00:00	13	14 01:01:35	04:24	13		00:00	13		00:00	13		00:00		13		14	
14		00:00	14		00:00	14		00:00	14		00:00	14		00:00	14		00:00		14		11	
15		00:00	15		00:00	15	11 00:46:51	04:16	15		00:00	15		00:00	15		00:00		15		14	
16	14 01:00:00	04:17	16		00:00	16		00:00	16		00:00	16		00:00	16		00:00		16		14	
17	11 00:45:48	04:10	17		00:00	17		00:00	17	krank	00:00	17		00:00	17	11 00:46:07	04:12	17		20		
18		00:00	18		00:00	18	11 00:46:16	04:13	18		00:00	18		00:00	18		00:00		18		11	
19		00:00	19		00:00	19		00:00	19	11 00:46:09	04:12	19		00:00	19	14 00:58:14	04:10	19				
20		00:00	20		00:00	20	14 00:58:55	04:13	20		00:00	20	11 00:46:59	04:17	20		00:00		20			
21		00:00	21	11 00:45:07	04:06	21		00:00	21	11 00:46:23	04:13	21		00:00	21		00:00		21			
22		00:00	22	11 00:46:14	04:12	22	11 00:44:07	04:01	22	11 00:46:36	04:14	22	14 01:00:11	04:18	22	14 00:57:18	04:06	22		11		
23		00:00	23		00:00	23		00:00	23		00:00	23		00:00	23	11 00:44:16	04:02	23		14		
24		00:00	24		00:00	24	11 00:44:20	04:02	24		00:00	24		00:00	24	10 00:43:28	04:21	24		20		
25		00:00	25	11 00:46:25	04:13	25	14 01:00:10	04:18	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	11 00:47:05	04:17	26	14 00:56:25	04:02	26	
27		00:00	27	14 01:00:51	04:21	27	20 01:28:57	04:27	27		00:00	27	11 00:47:19	04:18	27	11 00:43:48	03:59	27		15		
28		00:00	28		00:00	28		00:00	28	11 00:46:25	04:13	28		00:00	28		00:00		28			
29		00:00	29		00:00	29	11 00:45:37	04:09	29		00:00	29	14 00:59:54	04:17	29		00:00		29		15	
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	11 00:44:52	04:05	31		00:00	31		00:00	31	11 00:44:56	04:05	31		20		
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			276		
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			882		

1324 seit letztem Halbmarathon

Gesamtkilometer: 1876
Gesamtzeit: 132:58:26

Gesamtkilom
Gesamtzeit:

Zeit pro km: 04:15

Zeit pro km:

2006

4	10	00:46:06	04:37	4		00:00	4		00:00	4	11	00:43:02	03:55	4	11	00:43:08	03:55	4																										
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	5	20																				
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	00:00	6		00:00	00:00	6	14																				
7			00:00	7		00:00	7		00:00	00:00	7	11	00:46:02	04:11	7	11	00:44:34	04:03	7		00:00	00:00	7																					
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	00:00	8	15	00:57:17	03:49	8																					
9	11	00:53:14	04:51	9	14	01:03:02	9	14	01:03:02	04:30	9	11	00:45:44	04:10	9	14	00:55:24	03:58	9	11	00:44:13	04:01	9	11																				
10			00:00	10		00:00	10		00:00	00:00	10		00:00	00:00	10	20	01:26:09	04:19	10		00:00	00:00	10	14																				
11	10	00:44:31	04:27	11		00:00	11		00:00	00:00	11	14	00:55:35	03:58	11	11	00:45:44	04:10	11	11	00:43:29	03:57	11																					
12	11	00:51:55	04:43	12	11	00:51:43	12	11	00:51:43	04:42	12		00:00	00:00	12		00:00	00:00	12	11	00:48:24	04:24	12	20																				
13	11	00:51:10	04:39	13	11	00:52:00	13	11	00:52:00	04:44	13	15	01:03:01	04:12	13	11	00:47:05	04:17	13		00:00	00:00	13																					
14			00:00	14	14	01:03:00	14	14	01:03:00	04:30	14	12	01:00:00	05:00	14	10	00:42:58	04:18	14	20	01:26:51	04:21	14	10																				
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	15	11																				
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	00:00	16	11	00:45:28	04:08	16																					
17	10	00:41:26	04:09	17		00:00	17	11	00:45:58	04:11	17		00:00	00:00	17	20	01:27:49	04:24	17		00:00	00:00	17	14																				
18	14	01:00:21	04:19	18		00:00	18		00:00	00:00	18	14	00:55:11	03:57	18	11	00:46:40	04:15	18	11	00:54:02	04:55	18																					
19	11	00:49:47	04:32	19		00:00	19	11	00:45:32	04:09	19		00:00	00:00	19		00:00	00:00	19	11	00:46:48	04:16	19	27																				
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	00:00	20	11																				
21			00:00	21		00:00	21	10	00:43:46	04:23	21	11	00:44:40	04:04	21		00:00	00:00	21	20	01:26:32	04:20	21	11																				
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	00:00	22	11	00:46:16	04:13	22																					
23	11	00:49:37	04:31	23	11	00:53:56	23	11	00:48:25	04:24	23		00:00	00:00	23	14	00:59:28	04:15	23	11	00:46:18	04:13	23	11																				
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	00:00	24	15																				
25	10	00:41:49	04:11	25		00:00	25		00:00	00:00	25		00:00	00:00	25	14	01:00:37	04:20	25		00:00	00:00	25																					
26	11	00:50:25	04:35	26	11	00:50:02	26	11	00:50:02	04:33	26		00:00	00:00	26		00:00	00:00	26		00:00	00:00	26	30																				
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	00:00	27	14	00:56:16	04:01	27	11																				
28			00:00	28	14	01:01:09	28	14	00:59:15	04:14	28		00:00	00:00	28		00:00	00:00	28	20	01:27:33	04:23	28	11																				
29			00:00	29		00:00	29	20	01:30:58	04:33	29		00:00	00:00	29	14	00:57:24	04:06	29	11	00:46:57	04:16	29	14																				
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	00:00	30	11	00:47:34	04:20	30	11																				
31			00:00	31		00:00	31	11	00:43:07	03:55	31		00:00	00:00	31		00:00	00:00	31		00:00	00:00	31	15																				
Gesamtkilometer: 2798																					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	1629	Gesamtkilom				
Gesamtzeit: 205:14:37																											300	22:03:19	04:25	218	15:03:29	04:09	231	16:18:39	04:14	257	18:02:16	04:13	281	Gesamtzeit:				
Zeit pro km: 04:24																					2730 seit letztem Halbmarathon																					Zeit pro km:		

2730 seit letztem Halbmarathon

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

Gesamtkilom
 Gesamtzeit:
 Zeit pro km:

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

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	11	28
31	10	00:50:00	05:00			00:00	31			00:00				00:00	31			00:00							
	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		329
	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		1568

2725 seit letztem Halbmarathon

Gesamtkilometer: 2441
Gesamtzeit: 186:43:44

Gesamtkilom
Gesamtzeit:

Zeit pro km: 04:35

Zeit pro km:

2011

2011			Januar			Februar			März			April			Mai			Juni							
1		00:00	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	1				
2	13	01:04:30	04:58	2		00:00	2	8	00:40:00	05:00	2	8	00:40:00	05:00	2	11	00:51:17	04:40	2		00:00	2		14	
3		00:00	3	8	00:41:36	05:12	3		00:00	3	21	01:34:52	04:31	3	8	00:39:39	04:58	3	11	00:50:37	04:36	3		13	
4		00:00	4		00:00	4	15	01:07:07	04:29	4	11	00:49:01	04:28	4		00:00	4		4		00:00	4		7	
5		00:00	5		00:00	5	20	01:34:16	04:43	5	8	00:38:02	04:46	5	8	00:38:23	04:48	5		00:00	5				
6	11	00:54:30	04:58	6		00:00	6	11	00:51:34	04:42	6	11	00:51:34	04:42	6	15	01:09:03	04:36	6		00:00	6			
7		00:00	7		00:00	7	11	00:51:34	04:42	7	8	00:38:10	04:47	7		00:00	7		11	00:49:57	04:33	7		11	
8		00:00	8	11	00:51:23	04:41	8	8	00:38:10	04:47	8	8	00:38:10	04:47	8	20	01:27:27	04:22	8		00:00	8		15	
9		00:00	9		00:00	9	8	00:36:04	04:31	9	27	02:07:30	04:43	9	11	00:50:38	04:36	9		00:00	9				
10	8	00:41:21	05:11	10		00:00	10	15	01:07:57	04:32	10	11	00:51:05	04:39	10	9	00:42:30	04:44	10	4	00:23:00	05:46	10		
11		00:00	11		00:00	11	20	01:33:53	04:42	11	11	00:52:46	04:48	11	8	00:38:30	04:49	11		00:00	11				
12		00:00	12		00:00	12	11	00:53:18	04:51	12	8	00:41:30	05:12	12	15	01:07:30	04:30	12	15	01:07:30	04:30	12		11	
13	8	00:42:00	05:15	13		00:00	13	11	00:53:18	04:51	13	11	00:53:18	04:51	13	8	00:36:51	04:37	13	8	00:37:28	04:41	13	11	
14	11	00:55:00	05:00	14	11	00:49:31	04:30	14	11	00:53:18	04:51	14	8	00:41:30	05:12	14	33	02:38:18	04:48	14	8	00:37:28	04:41	14	
15		00:00	15	8	00:43:20	05:25	15	11	00:53:18	04:51	15	8	00:41:30	05:12	15	8	00:36:51	04:37	15	11	00:50:20	04:35	15	15	
16		00:00	16		00:00	16	11	00:53:18	04:51	16	20	01:34:30	04:44	16	8	00:36:51	04:37	16	8	00:38:30	04:49	16			
17	11	00:51:14	04:40	17		00:00	17	15	01:10:00	04:40	17	11	00:49:28	04:30	17	10	00:48:30	04:51	17	8	00:38:30	04:49	17	20	
18		00:00	18	11	00:51:30	04:41	18	20	01:34:08	04:43	18	15	01:07:22	04:30	18	11	00:50:05	04:33	18	13	01:01:30	04:44	18	11	
19		00:00	19		00:00	19	20	01:34:08	04:43	19	15	01:07:22	04:30	19	15	01:07:22	04:30	19	11	00:50:26	04:35	19		10	
20	11	00:55:00	05:00	20		00:00	20	11	00:50:28	04:36	20	15	01:07:43	04:31	20	11	00:50:26	04:35	20	11	00:50:43	04:37	20		
21	11	00:53:30	04:52	21	11	00:52:01	04:44	21	8	00:37:43	04:43	21	30	02:22:26	04:45	21	27	02:06:30	04:41	21	8	00:38:38	04:50	21	
22		00:00	22	8	00:39:59	05:00	22		00:00	22	30	02:22:26	04:45	22	8	00:39:08	04:54	22	11	00:55:00	05:00	22		11	
23	10	00:45:00	04:30	23		00:00	23	15	01:07:00	04:28	23	10	00:46:30	04:39	23	27	02:06:30	04:41	23	11	00:55:00	05:00	23	14	
24	11	00:52:43	04:48	24		00:00	24	8	00:38:23	04:48	24	8	00:38:23	04:48	24	8	00:39:08	04:54	24	5	00:21:09	04:14	24	27	
25		00:00	25		00:00	25	25	15	01:07:00	04:28	25	10	00:46:30	04:39	25	8	00:36:00	05:09	25	14	01:04:30	04:37	25	11	
26		00:00	26		00:00	26	20	01:36:48	04:51	26	8	00:38:23	04:48	26	7	00:36:00	05:09	26	14	01:04:30	04:37	26		8	
27		00:00	27	14	01:03:24	04:32	27	11	00:51:12	04:40	27	20	01:36:48	04:51	27	11	00:51:07	04:39	27	11	00:51:07	04:39	27	14	
28	11	00:52:47	04:48	28	11	00:51:46	04:43	28	8	00:35:19	04:25	28	11	00:51:12	04:40	28	42	03:27:27	04:56	28	11	00:49:41	04:31	28	
29		00:00	29		00:00	29	8	00:35:19	04:25	29	15	01:06:29	04:26	29	8	00:35:19	04:25	29	8	00:42:57	05:23	29		11	
30	8	00:36:30	04:34	30		00:00	30		00:00	30	30	02:22:42	04:45	30	30	02:22:42	04:45	30	30	02:22:42	04:45	30		14	
31	11	00:51:40	04:42	31		00:00	31	11	00:48:55	04:27	31	11	00:48:55	04:27	31		00:00	31		30	00:00	31		30	
	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		278
	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		1441

2365 seit letztem Halbmarathon

Gesamtkilometer: 2659
Gesamtzeit: 213:16:22

Gesamtkilom
Gesamtzeit:

Zeit pro km: 04:49

Zeit pro km:

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	20
2	8	00:38:05	04:46	2		00:00	2	15	01:08:37	04:35	2		00:00	2		2		00:00	2		00:00	2		11
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	11	00:55:00	05:00	3		
4		00:00	4		00:00	4	20	01:39:30	04:59	4		00:00	4		4		00:00	4		4		00:00	4	8
5	8	00:39:34	04:57	5	12	00:55:00	04:35	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	8
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		6		00:00	6	
7		00:00	7	8	00:37:02	04:38	7	8	00:36:19	04:33	7		00:00	7	11	00:53:43	04:53	7		7		00:00	7	

00:51:48	04:43	30		00:00	30		00:00	30		00:00	30		00:00	30		00:00				
02:13:40	04:47	31	11	00:50:47	04:37		00:00	31		00:00	31		00:00	31		00:00				
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
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

eter: 2441
186:43:44
04:35

seit 2003 15602 1144:21:53 04:24
in Tagen 15602 15.02.00 16:21

2011

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

eter: 2659
213:16:22
04:49

seit 2003 18261 1357:38:15 04:28
in Tagen 18261 24.02.00 13:38

2012

Juli		August				September				Oktober				November				Dezember			
01:48:00	05:24	1		00:00		1		00:00		1		00:00		1		00:00					
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				
	00:00	3	11	00:57:04	05:12	3	11	00:56:07	05:06	3	3	00:00	00:00	3	11	00:53:33	04:52				
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	6	00:30:02	05:01				
00:40:00	05:00	5	5	00:00	00:00	5	5	00:00	00:00	5	11	00:52:10	04:45	5	5	00:00	00:00				
	00:00	6	6	00:28:13	04:43	6	6	00:00	00:00	6	6	00:32:10	05:22	6	6	00:00	00:00				
	00:00	7	7	00:00	00:00	7	14	01:05:00	04:39	7	13	00:59:30	04:35	7	7	00:00	00:00				

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	14			
9	11	00:53:08	9	8	00:39:47	9	15	01:09:11	04:37	9		00:00	9			00:00	9			00:00	9	14			
10		00:00	10	11	00:54:42	10			04:59	10	11	00:48:49	10	8	00:39:13	04:54	10	14	01:02:00	04:26	10				
11		00:00	11			11		20	01:29:05	11		00:00	11			00:00	11	8	00:37:05	04:38	11				
12		00:00	12			12	8	00:38:15	04:47	12	11	00:50:38	12	11	00:50:00	04:33	12	11	00:52:55	04:49	12	11			
13	11	00:54:00	13			13	11	00:52:24	04:46	13	11	00:53:44	13	14	01:06:00	04:43	13			00:00	13				
14	11	00:50:00	14			14			00:00	14	5	00:30:00	14	6	00:40:00	06:41	14			00:00	14				
15		00:00	15	8	00:39:00	15			04:53	15	14	01:06:30	15	11	00:52:36	04:47	15			00:00	15	13			
16	11	00:55:00	16	8	00:39:24	16	15	01:02:31	04:10	16	11	00:53:17	16	8	00:38:43	04:51	16			00:00	16	11			
17	8	00:37:16	17	11	00:55:00	17	14	01:01:52	04:25	17	8	00:36:30	17			00:00	17	14	01:05:00	04:39	17	11			
18		00:00	18			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	19			19	11	00:49:13	04:29	19	11	00:52:29	19	11	00:50:00	04:33	19	11	00:55:00	05:00	19	8			
20	8	00:39:02	20	11	00:54:00	20	11	00:55:00	05:00	20	11	00:51:57	20	11	00:50:00	04:44	20			00:00	20	15			
21		00:00	21	8	00:44:00	21	14	01:03:00	04:30	21	6	00:30:00	21	6	00:38:00	06:21	21			00:00	21				
22	11	00:50:00	22			22			00:00	22	8	00:40:00	22	8	00:39:12	04:54	22	11	00:53:35	04:53	22	14			
23	11	00:54:00	23	11	00:53:42	23	15	01:05:46	04:23	23	11	00:58:00	23			00:00	23	8	00:40:00	05:00	23	6			
24		00:00	24	11	00:50:51	24			00:00	24	8	00:38:23	24	8	00:40:00	05:00	24	14	01:10:00	05:00	24				
25		00:00	25			25	20	01:39:30	04:59	25		00:00	25			00:00	25	7	00:32:00	04:35	25	11			
26		00:00	26			26			00:00	26		00:00	26			00:00	26	8	00:37:00	04:38	26	8			
27		00:00	27	11	00:48:45	27	11	00:48:59	04:27	27	11	00:50:54	27			00:00	27			00:00	27				
28	14	01:03:30	28	8	00:36:57	28	14	01:01:05	04:22	28	7	00:40:00	28			00:00	28			00:00	28	10			
29	14	01:05:00	29			29	8	00:37:30	04:42	29	11	00:50:00	29	11	00:50:50	04:38	29			00:00	29	14			
30		00:00	30			30	14	01:01:49	04:25	30		00:00	30	8	00:37:33	04:42	30			00:00	30	5			
31		00:00	31			31	6	00:30:00	05:01	31		00:00	31			00:00	31			00:00	31	11			
	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		223
	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		1317

2755 seit letztem Halbmarathon

Gesamtkilometer: 2268
Gesamtzeit: 183:09:08

Gesamtkilom
Gesamtzeit:

Zeit pro km: 04:51

Zeit pro km:

2013

2013	Januar	Februar	März	April	Mai	Juni						
1		11 00:57:12	05:12	11 00:55:45	05:04	1 13 01:04:30	04:58	1 14 01:04:59	04:39	1 00:00	1 8	
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 00:00	2 8		
3	7 00:33:32	04:48	3 00:00	3 00:00	3 8 00:42:58	05:23	3 00:00	3 8 00:42:00	05:15	3 11 00:54:11	04:56	
4		00:00	4 7 00:31:15	04:28	4 00:00	4 00:00	4 8 00:42:58	05:23	4 00:00	4 8 00:39:38	04:58	
5		00:00	5 7 00:31:07	04:27	5 00:00	5 00:00	5 11 00:59:36	05:25	5 00:00	5 00:00	5 00:00	5 8
6	8 00:40:00	05:00	6 00:00	6 00:00	6 00:00	6 00:00	6 8 00:39:43	04:58	6 8 00:39:57	05:00	6 8	
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	8 00:41:31	05:12	8 7 00:30:32	04:22	8 00:00	8 00:00	8 8 00:42:00	05:15	8 00:00	8 00:00	8 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 8
10		04:36	10 00:00	10 00:00	10 00:00	10 00:00	10 00:00	10 00:00	10 00:00	10 8 00:40:24	05:03	10 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 7 00:30:35	04:23	11 11 00:55:18	05:02	11 8
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 00:00	12 8	
13		00:00	13 00:00	13 00:00	13 00:00	13 00:00	13 8 00:34:31	04:19	13 00:00	13 12 01:00:00	05:00	13 8
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 14
15	6 00:27:24	04:34	15 00:00	15 14 01:07:00	04:47	15 8 00:40:02	05:01	15 8 00:37:51	04:44	15 00:00	15 8	
16		00:00	16 00:00	16 10 00:50:00	05:00	16 00:00	16 00:00	16 8 00:39:05	04:53	16 00:00	16 8	
17		00:00	17 8 00:41:30	05:12	17 17 01:30:00	05:18	17 00:00	17 00:00	17 00:00	17 8 00:40:23	05:03	17 8
18	6 00:26:35	04:26	18 8 00:40:30	05:04	18 7 00:30:37	04:23	18 8 00:41:00	05:08	18 00:00	18 00:00	18 8	
19		00:00	19 8 00:44:12	05:32	19 7 00:31:57	04:34	19 8 00:42:44	05:21	19 00:00	19 00:00	19 6	
20	11 00:55:00	05:00	20 00:00	20 00:00	20 00:00	20 00:00	20 00:00	20 00:00	20 00:00	20 8 00:42:12	05:17	20 8
21		00:00	21 8 00:41:07	05:09	21 7 00:32:47	04:41	21 00:00	21 11 00:55:00	05:00	21 00:00	21 8	
22	6 00:32:00	05:21	22 8 00:41:07	05:09	22 10 00:49:47	04:59	22 8 00:38:46	04:51	22 00:00	22 00:00	22 8	
23		00:00	23 00:00	23 00:00	23 00:00	23 00:00	23 8 00:39:02	04:53	23 00:00	23 8 00:38:39	04:50	23 8
24		00:00	24 11 00:54:30	04:58	24 00:00	24 00:00	24 8 00:45:00	05:38	24 00:00	24 00:00	24 8	
25		00:00	25 8 00:42:19	05:18	25 11 01:01:22	05:35	25 00:00	25 00:00	25 00:00	25 00:00	25 8	
26		00:00	26 8 00:42:02	05:16	26 11 00:58:59	05:22	26 00:00	26 14 01:05:00	04:39	26 7 00:30:29	04:22	26 8
27	9 00:45:00	05:00	27 00:00	27 00:00	27 8 00:41:59	05:15	27 00:00	27 8 00:38:23	04:48	27 11 00:59:00	05:22	27 8
28	8 00:45:00	05:38	28 7 00:39:30	05:39	28 8 00:41:59	05:15	28 14 01:09:00	04:56	28 8 00:37:57	04:45	28 00:00	28 8
29	7 00:32:15	04:37	29 00:00	29 00:00	29 17 01:30:00	05:18	29 7 00:27:58	04:00	29 00:00	29 00:00	29 8	
30		00:00	30 00:00	30 00:00	30 00:00	30 00:00	30 8 00:39:45	04:58	30 00:00	30 13 01:03:00	04:51	30 8

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

eter: 2268
183:09:08
04:51

seit 2003 20529 1540:47:23 04:30
in Tagen 20529 04.03.00 04:47

2013

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

31		00:00			00:00	31	17	01:28:30	05:13			00:00	31	8	00:45:00	05:38			00:00	31			
	100	08:15:24	04:57		122	10:13:30	05:02		156	13:14:13	05:05		168	13:46:50	04:55		145	11:43:51	04:51	134	11:15:55	05:03	150
	100	08:15:24	04:57		222	18:28:54	05:00		378	07:43:07	05:02		546	21:29:57	05:00		691	09:13:48	04:58	825	20:29:43	04:59	975

2057 seit letztem Halbmarathon

Gesamtkilometer: 1655
Gesamtzeit: 139:47:26
Zeit pro km: 05:04

Gesamtkilom:
Gesamtzeit:
Zeit pro km:

2014

2014	Januar			Februar			März			April			Mai			Juni									
1			00:00	1		00:00	1		00:00	1		00:00	1		00:00	1	10	00:51:56	05:12	1	8				
2	8	00:40:03	05:01	2	8	00:42:00	05:15	2		00:00	2	6	00:26:30	04:25	2	8	00:41:57	05:15	2	8	00:40:21	05:03	2		
3	8	00:40:51	05:07	3	6	00:30:48	05:09	3		00:00	3			00:00	3	9	00:44:30	04:57	3	8	00:39:02	04:53	3		
4			00:00	4		00:00		4	8	00:40:42	05:06	4		00:00	4	10	00:49:30	04:57	4			00:00	4	8	
5	10	00:53:30	05:21	5	5	00:34:30	06:55	5		00:00	5			00:00	5	8	00:39:46	04:59	5			00:00	5		
6			00:00	6	8	00:42:52	05:22	6	8	00:40:06	05:01	6		00:00	6	8	00:38:58	04:53	6	5	00:22:29	04:30	6		
7	8	00:42:30	05:19	7		00:00		7	11	00:59:39	05:26	7	8	00:40:29	05:04	7	6	00:24:45	04:08	7			00:00	7	
8	8	00:42:43	05:21	8		00:00		8	20	01:32:00	04:36	8	8	00:39:51	04:59	8	8	00:39:09	04:54	8			00:00	8	
9			00:00	9	9	00:45:00	05:00	9		00:00	9			00:00	9				00:00	9			00:00	9	
10			00:00	10		00:00		10	8	00:40:06	05:01	10		00:00	10				00:00	10	8	00:41:19	05:10	10	
11	9	00:45:00	05:00	11	8	00:40:08	05:01	11	9	00:44:48	04:59	11	8	00:39:54	05:00	11	10	00:52:00	05:12	11			00:00	11	
12	9	00:45:00	05:00	12		00:00		12		00:00	12			00:00	12	8	00:41:19	05:10	12			00:00	12		
13			00:00	13	8	00:41:13	05:10	13	8	00:34:52	04:22	13	10	00:51:00	05:06	13	8	00:39:09	04:54	13	4	00:30:00	07:31	13	
14			00:00	14		00:00		14	11	00:55:01	05:00	14		00:00	14				00:00	14	8	00:47:00	05:53	14	
15			00:00	15		00:00		15		00:00	15	10	00:49:30	04:57	15	8	00:42:09	05:17	15			00:00	15		
16	8	00:40:14	05:02	16	13	00:58:10	04:29	16	18	01:30:00	05:00	16		00:00	16	8	00:40:05	05:01	16			00:00	16	8	
17			00:00	17	8	00:37:39	04:43	17	8	00:40:12	05:02	17		00:00	17				00:00	17			00:00	17	8
18			00:00	18	8	00:35:49	04:29	18	8	00:39:30	04:57	18		00:00	18	10	00:52:00	05:12	18			00:00	18	6	
19	8	00:45:00	05:38	19		00:00		19		00:00	19			00:00	19	8	00:39:27	04:56	19			00:00	19		
20	8	00:46:30	05:49	20		00:00		20	8	00:34:34	04:20	20		00:00	20	8	00:40:27	05:04	20			00:00	20		
21			00:00	21		00:00		21	11	01:01:00	05:33	21		00:00	21				00:00	21			00:00	21	
22			00:00	22		00:00		22		00:00	22			00:00	22	8	00:40:46	05:06	22			00:00	22	6	
23			00:00	23	8	00:45:00	05:38	23	18	01:30:00	05:00	23	10	00:51:23	05:09	23	11	00:56:04	05:06	23	8	00:40:06	05:01	23	
24	8	00:42:43	05:21	24		00:00		24	8	00:40:12	05:02	24	8	00:43:08	05:24	24			00:00	24	8	00:42:00	05:15	24	
25	9	00:45:00	05:00	25		00:00		25	8	00:39:59	05:00	25		00:00	25	12	00:58:30	04:53	25			00:00	25	11	
26			00:00	26		00:00		26		00:00	26			00:00	26	8	00:42:00	05:15	26	8	00:41:26	05:11	26		
27	8	00:44:28	05:34	27	8	00:40:30	05:04	27	11	00:57:12	05:12	27	14	01:10:00	05:00	27			00:00	27	6	00:24:36	04:06	27	10
28	8	00:42:31	05:19	28		00:00		28		00:00	28			00:00	28	8	00:41:27	05:11	28			00:00	28		
29	5	00:30:00	06:01	29		00:00		29		00:00	29			00:00	29	8	00:39:53	04:59	29			00:00	29		
30	8	00:43:03	05:23	30		00:00		30	21	01:43:00	04:54	30		00:00	30				00:00	30	8	00:38:42	04:51	30	
31	11	01:04:39	05:53	31		00:00		31		00:00	31			00:00	31	10	00:48:26	04:51	31			00:00	31		
	141	12:33:45	05:21		97	08:13:39	05:05		202	16:42:53	04:58		98	08:13:05	05:02		174	14:30:57	05:00		89	07:38:57	05:09		73
	141	12:33:45	05:21		238	20:47:24	05:14		440	37:30:17	05:07		538	21:43:22	05:06		712	12:14:19	05:05		801	19:53:16	05:05		874

1717 seit letztem Halbmarathon

Gesamtkilometer: 1490
Gesamtzeit: 127:13:23
Zeit pro km: 05:07

Gesamtkilom:
Gesamtzeit:
Zeit pro km:

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	12	00:59:30	04:58	1			00:00	1	8
2			00:00	2	8	00:43:30	05:27	2	5	00:23:00	04:37	2		00:00	2			00:00	2			00:00	2	

00:00	31	8	00:43:30	05:27		00:00	31	8	00:40:28	05:04		00:00	31	10	00:53:21	05:20
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	138	12:11:41	05:18
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	1655	19:47:26	05:04

1638 seit letztem Marathon

eter: 1655
139:47:26
05:04

seit 2003 22184 1680:34:49 04:33
in Tagen 22184 10.03.00 00:34

2014

Juli		August			September			Oktober			November			Dezember						
00:40:05	05:01	1		00:00	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		00:00	2	10	00:53:02	05:19	2	5	00:22:00	04:25	
00:40:36	05:05	3	10	00:48:30	04:51	3		00:00	3	10	00:54:49	05:29	3	8	00:41:19	05:10	3		00:00	
00:43:05	05:24	4	8	00:44:30	05:34	4		00:00	4		00:00	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	5		00:00	
	00:00	6		00:00	6		00:00	6	8	00:40:49	05:07	6	6	00:27:53	04:39	6	10	00:51:30	05:09	
	00:00	7	8	00:42:59	05:23	7	10	00:53:45	05:23	7	8	00:42:17	05:18	7		00:00	7	10	00:54:30	05:27
	00:00	8		00:00	8		00:00	8		00:00	8		00:00	8		00:00	8		00:00	
	00:00	9		00:00	9	7	00:43:30	06:13	9		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		00:00	10		00:00	10	8	00:40:55	05:07	10			00:00	
	00:00	11		00:00	11		00:00	11		00:00	11	8	00:41:43	05:13	11	6	00:29:30	04:55		
	00:00	12		00:00	12		00:00	12	10	00:51:30	05:09	12	6	00:29:00	04:50	12	6	00:28:30	04:45	
	00:00	13		00:00	13		00:00	13	8	00:42:02	05:16	13		00:00	13				00:00	
	00:00	14		00:00	14	10	00:53:26	05:21	14	6	00:25:12	04:12	14	8	00:42:09	05:17	14	10	00:52:00	05:12
	00:00	15		00:00	15	8	00:41:01	05:08	15		00:00	15		00:00	15	6	00:27:53	04:39		
00:42:54	05:22	16	8	00:42:00	05:15	16		00:00	16		00:00	16	10	00:52:00	05:12	16	8	00:39:51	04:59	
00:43:56	05:30	17		00:00	17		00:00	17		00:00	17	8	00:40:48	05:06	17	8	00:42:02	05:16		
00:30:00	05:01	18	8	00:42:00	05:15	18		00:00	18		00:00	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		00:00	19		00:00	19			00:00	
	00:00	20	8	00:42:00	05:15	20		00:00	20		00:00	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		00:00	21	10	00:51:30	05:09
00:28:53	04:49	22		00:00	22	8	00:41:12	05:09	22	8	00:41:12	05:09	22		00:00	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	23		00:00	
	00:00	24	10	00:53:30	05:21	24		00:00	24		00:00	24		00:00	24	10	00:51:30	05:09		
00:58:22	05:19	25	8	00:40:22	05:03	25	8	00:40:55	05:07	25		00:00	25	8	00:41:16	05:10	25		00:00	
	00:00	26		00:00	26	8	00:43:30	05:27	26	10	00:51:30	05:09	26		00:00	26	10	00:51:30	05:09	
00:47:53	04:48	27		00:00	27		00:00	27		00:00	27		00:00	27		00:00	27		00:00	
	00:00	28		00:00	28	10	00:49:30	04:57	28	8	00:39:50	04:59	28		00:00	28	8	00:43:23	05:26	
	00:00	29	11	00:57:49	05:16	29	8	00:40:59	05:08	29		00:00	29		00:00	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	30		00:00	
	00:00	31	10	00:51:30	05:09	31		00:00	31	8	00:40:11	05:02	31		00:00	31			00:00	
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	123	10:33:34	05:09				
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	1490	07:13:23	05:07				

1569 seit letztem Marathon

eter: 1490
127:13:23
05:07

seit 2003 23674 1807:48:12 04:35
in Tagen 23674 15.03.00 07:48

2015

Juli		August			September			Oktober			November			Dezember					
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
	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

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		00:00	3	6					
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		00:00	4	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		00:00	5	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		00:00	6	8					
7		00:00		7		00:00		7		00:00		7	8	00:42:30	05:19	7	8	00:41:31	05:12	7	10	00:53:30	05:21	7	8		
8	6	00:28:03	04:41	8		00:00		8	11	00:57:30	05:14	8		00:00	8		00:00	8	8	00:43:10	05:24	8		8	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	11	00:59:16	05:24	9	6		
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		00:00	10	6	6			
11		00:00		11		00:00		11		00:00		11		00:00	11	6	00:28:50	04:49	11	6	00:29:30	04:55	11		6		
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	8	00:44:18	05:33	12		8	
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		00:00	13		8	6	
14		00:00		14		00:00		14		00:00		14	11	00:57:02	05:11	14		00:00		14		00:00	14				
15		00:00		15	14	01:15:30	05:24	15		00:00		15		00:00	15		00:00	15		00:00	15	11	00:59:51	05:27	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		00:00	16	8	00:42:41	05:21	16		8
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		00:00	17		11	11	
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	6	00:28:54	04:49	18		18	8	
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	8	00:41:44	05:13	19		9	
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		00:00	20			9	
21		00:00		21		00:00		21		00:00		21	8	00:39:56	05:00	21	5	00:22:30	04:31	21	10	00:53:47	05:23	21		8	
22	8	00:40:30	05:04	22	14	01:13:00	05:13	22		00:00		22		00:00	22		00:00	22		00:00	22	8	00:42:08	05:16	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	6	00:24:08	04:02	23		6	6		
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		00:00	24				
25	14	01:13:05	05:13	25		00:00		25		00:00		25		00:00	25		00:00	25		00:00	25	6	00:29:24	04:54	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	5	00:22:00	04:25	26			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		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	8	00:45:00	05:38	28			
29		00:00		29		00:00		29		00:00		29	11	01:00:00	05:28	29		00:00		29	8	00:42:08	05:16	29			
30		00:00		30		00:00		30		00:00		30		00:00	30		00:00	30		00:00	30	6	00:29:51	04:59	30		
31		00:00		31		00:00		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		106
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		915

1431

1726 seit letztem HM-Lauf 03/15

Gesamtkilometer: 1513
Gesamtzeit: 130:07:38

Gesamtkilom:
Gesamtzeit:

Zeit pro km: 05:10

Zeit pro km:

2016

2016	Januar			Februar			März			April			Mai			Juni												
1	10	00:52:02	05:13	1		00:00	1		00:00	1		00:00	1	18	01:43:30	05:45	1		00:00	1		00:00	1	6				
2			00:00	2		00:00	2	6	00:29:53	04:59	2		00:00	2	6	00:29:30	04:55	2		00:00	2		00:00	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		00:00	3		00:00	3	13			
4	6	00:28:28	04:45	4		00:00	4	8	00:43:17	05:25	4	8	00:43:17	05:25	4	8	00:42:30	05:19	4	8		00:00	4	8	8			
5	6	00:30:07	05:02	5		00:00	5	6	00:28:07	04:42	5	6	00:28:07	04:42	5	16	01:18:30	04:55	5		00:00	5		00:00	5	5		
6		00:00		6		00:00	6		00:00	6		00:00	6		00:00	6	9	00:48:13	05:22	6	6	00:30:00	05:01	6	8			
7		00:00		7		00:00	7		00:00	7	6	00:27:34	04:36	7		00:00	7		00:00	7		00:00	7		7	8		
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		00:00	8	8	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		00:00	9		00:00	9			
10		00:00		10		18:20	10	8	00:40:00	05:00	10	9	00:45:00	05:00	10		00:00	10		00:00	10	9	00:47:30	05:17	10			
11		00:00		11	6	00:29:49	04:59	11		00:00	11	6	00:28:32	04:46	11		00:00	11		00:00	11		00:00	11		6		
12		00:00		12	6	00:29:23	04:54	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		6	6		
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		4			
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		00:00	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		00:00	15	6		
16		00:00		16	8	00:42:41	05:21	16		00:00	16		00:00	16		00:00	16		00:00	16		00:00	16		6			
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		00:00	17			
18		00:00		18	6	00:29:05	04:51	18		00:00	18	6	00:28:30	04:45	18		00:00	18	10	00:50:00	05:00	18	10	00:50:00	05:00	18	10	
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		00:00	19		8		
20		00:00		20		00:00	20	15	01:15:00	05:00	20		00:00	20		00:00	20		00:00	20		00:00	20		00:00	20	6	
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		00:00	21	6		
22		00:00		22	10	00:45:30	04:33	22		00:00	22		00:00	22		00:00	22		00:00	22		00:00	22		00:00	22	6	
23		00:00		23	6	00:29:30	04:55	23		00:00	23	10	00:50:00	05:00	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	6	00:31:22	05:14	24		00:00	24	12	

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

eter: 1513
130:07:38
05:10

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

2016

Juli		August				September				Oktober				November				Dezember			
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		
	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		
01:07:00	05:09	3			00:00	3			00:00	3	13	01:05:29	05:02	3		00:00	3		00:00		
00:43:19	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		
	00:00	5			00:00	5	8	00:43:26	05:26	5			00:00	5		00:00	5	9	00:47:30	05:17	
00:43:47	05:29	6			00:00	6	8	00:42:59	05:23	6			00:00	6	9	00:47:30	05:17	6	6	00:28:44	04:48
	00:00	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
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
	00:00	9	8	00:42:57	05:23	9			00:00	9	8	00:43:30	05:27	9		00:00	9		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	
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	
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	
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	
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	
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	
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	
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	
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	
00:28:00	04:40	21			00:00	21			00:00	21			00:00	21	8	00:42:33	05:20	21		00:00	
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	
00:58:30	04:53	24			00:00	24			00:00	24			00:00	24	8	00:43:44	05:28	24		00:00	

25	00:00	25	00:00	25	00:00	25	00:00	25	00:00	25	00:00	25	00:00	25	00:00	25	00:00	25	00:00							
26	00:00	26	6 00:30:05 05:01	26	00:00	26	00:00	26	00:00	26	10 00:50:00 05:00	26	00:00	26	10 00:50:00 05:00	26	00:00	26	6 00:30:05 05:01							
27	00:00	27	00:00	27	15 01:15:00 05:00	27	00:00	27	14 01:00:00 04:17	27	00:00	27	6 00:29:20 04:54	27	6 00:29:20 04:54	27	00:00	27	00:00							
28	00:00	28	10 00:55:00 05:30	28	9 00:45:00 05:00	28	00:00	28	6 00:25:58 04:20	28	00:00	28	00:00	28	00:00	28	00:00	28	10 00:55:00 05:30							
29	00:00	29	6 00:27:00 04:30	29	00:00	29	00:00	29	8 00:43:39 05:28	29	00:00	29	00:00	29	00:00	29	00:00	29	6 00:27:00 04:30							
30	00:00	30	00:00	30	00:00	30	00:00	30	00:00	30	00:00	30	6 00:29:34 04:56	30	6 00:29:34 04:56	30	00:00	30	00:00							
31	00:00	31	00:00	31	00:00	31	00:00	31	00:00	31	00:00	31	00:00	31	00:00	31	00:00	31	00:00							
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	137														
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	734														
																			1352	seit letztem 25km-Lauf						

Gesamtkilometer: 1354,6

Gesamtzeit: 116:45:08

Zeit pro km: 05:10

Gesamtkilom

Gesamtzeit:

Zeit pro km:

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 00:00	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 8 00:45:08 05:39	2 17 01:29:45 05:17	2 8 00:42:58 05:23	2 00:00	2 11																			
3	00:00	3 00:00	3 4 00:00	3 8 00:43:03 05:23	3 6 00:28:30 04:45	3 00:00	3 8																			
4	00:00	4 00:00	4 00:00	4 8 00:44:51 05:37	4 8 00:45:58 05:45	4 00:00	4																			
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	5																			
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	6																			
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	7																			
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	8																			
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	9 10																			
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	10 8																			
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	11 8																			
12	6 00:30:55 05:10	12 00:00	12 8 00:45:46 05:44	12 6 00:24:29 04:05	12 00:00	12 8 00:46:16 05:47	12																			
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	13																			
14	00:00	14 00:00	14 00:00	14 00:00	14 25 02:15:41 05:26	14 00:00	14																			
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	15																			
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	16																			
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	17																			
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	18																			
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	19																			
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	20																			
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	21																			
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	22																			
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	23																			
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	24																			
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	25																			
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	26																			
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	27																			
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	28																			
29	12 00:58:30 04:53	29 00:00	29 00:00	29 00:00	29 00:00	29 00:00	29																			
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	30 10																			
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	31 4																			
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	59																			
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	855																			
																			1539	seit letztem 25km-Lauf						

Gesamtkilometer: 1525,6

Gesamtzeit: 137:24:39

Zeit pro km: 05:24

Gesamtkilom

Gesamtzeit:

Zeit pro km:

2018

2018	Januar	Februar	März	April	Mai	Juni	
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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	
00:30:31	05:06	26	8	00:45:29	05:42	26	8	00:43:08	26		00:00	26	8	00:43:05	05:24	26	12	01:02:20	05:12		
	00:00	27		00:00	00:00	27	8	00:42:43	27		00:00	27	9	00:47:30	05:17	27		00:00			
00:28:35	04:46	28		00:00	00:00	28	6	00:29:30	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	00:00	29		00:00			
	00:00	30		00:00	00:00	30	8	00:46:24	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		
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
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

eter: 1354,6
116:45:08
05:10

seit 2003 26542 2054:40:58 04:39
in Tagen 26542 25.03.00 14:40

2017

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

eter: 1525,6
137:24:39
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
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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	10
2	8	00:45:30	05:42	2	6	00:31:15	05:13	2	11	00:58:12	05:18	2			00:00	2			00:00	2			00:00	2	8
3	6	00:32:30	05:26	3			00:00	3	8	00:45:00	05:38	3	6		00:30:00	3	9	00:48:11	05:22	3	9	00:48:11	05:22	3	8
4	8	00:46:19	05:48	4			00:00	4	8	00:46:01	05:46	4	6		00:30:36	4	6	00:30:36	05:07	4	6	00:30:36	05:07	4	6
5			00:00	5			00:00	5	6	00:30:16	05:03	5	6		00:30:00	5	6	00:30:00	05:01	5	6	00:30:00	05:01	5	6
6			00:00	6	8	00:44:16	05:32	6			00:00	6			00:00	6	6	00:33:45	05:38	6	6	00:33:45	05:38	6	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	10	00:49:13	04:56	8			00:00	8	6	00:33:28	05:35	8	6	00:33:28	05:35	8	
9	8	00:43:53	05:30	9			00:00	9	6	00:30:10	05:02	9	6		00:30:00	9	6		05:01	9			00:00	9	6
10			00:00	10			00:00	10	10	00:43:29	04:21	10	10		00:00	10			00:00	10			00:00	10	6
11	8	00:44:00	05:30	11			00:00	11	11	00:57:41	05:15	11			00:00	11	5	00:28:23	05:41	11			00:00	11	
12	8	00:46:04	05:46	12			00:00	12	6	00:31:30	05:16	12	6		00:29:13	12	8	00:46:12	05:47	12			00:00	12	
13			00:00	13			00:00	13	8	00:43:55	05:30	13	6		00:31:41	13	10	00:59:01	05:54	13			00:00	13	6
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	9	00:49:30	05:30	15	9		00:49:30	15			00:00	15			00:00	15	9
16			00:00	16			00:00	16	6	00:29:54	04:59	16	6		00:31:04	16	6	00:31:04	05:11	16			00:00	16	6
17	8	00:42:43	05:21	17			00:00	17	8	00:45:41	05:43	17	6		00:28:07	17	6	00:28:07	04:42	17			00:00	17	6
18	6	00:31:04	05:11	18			00:00	18	10	00:47:30	04:45	18	6		00:29:54	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	19	6	00:32:00	05:21	19			00:00	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	6	00:31:29	05:15	21	6	00:31:29	05:15	21	
22	6	00:30:00	05:01	22			00:00	22	10	00:58:03	05:49	22	8		00:46:02	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	6		00:31:41	24	10	00:49:30	04:57	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	6		00:32:42	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	8		00:00	26	8	00:45:19	05:40	26			00:00	26	
27			00:00	27	6	00:29:51	04:59	27	8	00:42:55	05:22	27	8		00:51:30	27	6	00:31:30	05:16	27	6	00:31:30	05:16	27	
28			00:00	28			00:00	28			00:00	28	6		00:32:43	28	8	00:46:08	05:46	28	8	00:46:08	05:46	28	
29	8	00:48:00	06:00	29			00:00	29	6	00:30:00	05:01	29	8		00:46:08	29	8	00:46:35	05:50	29	8	00:46:35	05:50	29	
30	8	00:47:20	05:55	30			00:00	30			00:00	30	6		00:32:19	30	6	00:32:19	05:24	30			00:00	30	
31			00:00	31			00:00	31			00:00	31				31				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		69	
	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		690	

1243 seit letztem 25km-Lauf

Gesamtkilometer: 1338,1
Gesamtzeit: 120:05:40

Zeit pro km: 05:23

Gesamtkilom:
Gesamtzeit:

Zeit pro km:

2019

2019	Januar			Februar			März			April			Mai			Juni									
1	9	00:49:16	05:29	1	8	00:47:12	05:54	1			00:00	1	6	00:32:06	05:22	1			00:00	1			00:00	1	6
2	8	00:46:02	05:46	2			00:00	2			00:00	2	8	00:47:05	05:54	2			00:00	2			00:00	2	8
3			00:00	3	10	00:57:30	05:45	3	10	00:57:30	05:45	3			00:00	3	6	00:33:37	05:37	3			00:00	3	6
4	8	00:46:11	05:47	4	6	00:32:17	05:23	4			00:00	4	6	00:31:38	05:17	4			00:00	4	8	00:47:04	05:53	4	6
5			00:00	5			00:00	5			00:00	5			00:00	5	10	00:58:30	05:51	5			00:00	5	
6	10	00:58:30	05:51	6			00:00	6			00:00	6	6	00:31:41	05:17	6	6	00:31:41	05:17	6	6	00:31:56	05:20	6	
7			00:00	7	6	00:29:27	04:55	7	6	00:31:03	05:11	7			00:00	7	8	00:45:55	05:45	7	6	00:34:24	05:45	7	8
8	6	00:32:37	05:27	8			00:00	8			00:00	8	6	00:31:26	05:15	8			00:00	8			00:00	8	6
9			00:00	9			00:00	9			00:00	9	8	00:49:04	06:08	9			00:00	9			00:00	9	
10	6	00:30:52	00:00	10			00:00	10	8	00:47:00	05:53	10			00:00	10	6	00:31:43	05:18	10			00:00	10	
11			00:00	11			00:00	11	6	00:31:14	05:13	11	6	00:33:00	05:31	11			00:00	11	6	00:32:13	05:23	11	
12			00:00	12	8	00:45:00	05:38	12	8	00:46:15	05:47	12			00:00	12			00:00	12			00:00	12	
13	9	00:50:30	05:37	13			00:00	13			00:00	13	6	00:31:33	05:16	13	8	00:46:28	05:49	13	8	00:46:28	05:49	13	
14	6	00:30:17	05:03	14	8	00:45:00	05:38	14	6	00:31:30	05:16	14			00:00	14	6	00:32:47	05:28	14	6	00:32:47	05:28	14	
15	6	00:32:17	05:23	15			00:00	15	6	00:35:30	05:56	15			00:00	15	6	00:30:07	05:02	15			00:00	15	
16			00:00	16			00:00	16			00:00	16	6	00:30:03	05:01	16	6	00:30:03	05:01	16			00:00	16	6
17	6	00:30:02	05:01	17			00:00	17			00:00	17	8	00:44:49	05:37	17			00:00	17			00:00	17	
18	9	00:51:30	05:44	18	8	00:46:24	05:48	18			00:00	18			00:00	18			00:00	18	6	00:32:59	05:30	18	6
19			00:00	19	8	00:46:34	05:50	19			00:00	19	10	00:58:40	05:52	19			00:00	19			00:00	19	
20	10	00:50:30	05:03	20	6	00:31:32	05:16	20	6	00:31:31	05:16	20			00:00	20	6	00:31:55	05:20	20	6	00:31:05	05:11	20	
21	6	00:31:50	05:19	21	6	00:28:54	04:49	21	6	00:30:06	05:02	21			00:00	21	6	00:29:32	04:56	21			00:00	21	9
22	6	00:32:44	05:28	22			00:00	22			00:00	22			00:00	22			00:00	22			00:00	22	6
23			00:00	23			00:00	23			00:00	23			00:00	23			00:00	23	10	00:59:14	05:56	23	6

24	00:00	24	00:00	24	00:00	24	00:00	24	00:00	24	6	00:32:52	05:29	24	6	00:31:39	05:17	24						
25	00:00	25	8 00:46:20 05:48	25	00:00	25	00:00	25	00:00	25				25			00:00	25	5					
26	00:00	26	8 00:45:31 05:42	26	6 00:28:38 04:47	26	00:00	26	9 00:47:30 05:17	26				26			00:00	26						
27	10 00:56:30 05:39	27	00:00	27	8 00:46:28 05:49	27	00:00	27	6 00:31:21 05:14	27				27			00:00	27						
28	6 00:31:27 05:15	28	8 00:45:59 05:45	28	00:00	28	8 00:48:37 06:05	28	6 00:32:35 05:26	28				28			00:00	28	11					
29	8 00:46:43 05:51	29	00:00	29	6 00:31:30 05:16	29	00:00	29	00:00	29				29			00:00	29	6					
30	00:00	30	00:00	30	00:00	30	8 00:48:26 06:04	30	00:00	30				30			00:00	30	6					
31	6 00:30:36 05:07	31	00:00	31	9 00:49:00 05:27	31	00:00	31	00:00	31				31			00:00	31						
135	12:18:24	05:28		98	09:07:40	05:35		91	08:17:15	05:28		80	07:36:41	05:43		99	08:44:44	05:18		68	06:19:49	05:35		101
135	12:18:24	05:28		233	21:26:04	05:31		324	29:43:19	05:30		404	37:20:00	05:33		503	46:04:44	05:30		571	52:24:33	05:30		672

Gesamtkilometer: 1174,1
Gesamtzeit: 106:00:43
Zeit pro km: 05:25

Gesamtkilom
Gesamtzeit:
Zeit pro km:

2020

2020	Januar				Februar				März				April				Mai				Juni				
1	8	00:46:02	05:46	1		00:00	1		00:00	1		00:00	1		00:00	1		00:00	1		00:00	1			
2				2		00:00	2		00:00	2		00:00	2		00:00	2		00:00	2		00:00	2			
3				3		00:00	3		00:00	3		00:00	3		00:00	3		00:00	3		00:00	3			
4				4		00:00	4		00:00	4		00:00	4		00:00	4		00:00	4		00:00	4			
5	8	00:44:10	05:32	5		00:00	5		00:00	5		00:00	5		00:00	5		00:00	5		00:00	5			
6	6	00:30:42	05:08	6		00:00	6		00:00	6		00:00	6		00:00	6		00:00	6		00:00	6			
7				7		00:00	7		00:00	7		00:00	7		00:00	7		00:00	7		00:00	7			
8				8		00:00	8		00:00	8		00:00	8		00:00	8		00:00	8		00:00	8			
9				9		00:00	9		00:00	9		00:00	9		00:00	9		00:00	9		00:00	9			
10				10		00:00	10		00:00	10		00:00	10		00:00	10		00:00	10		00:00	10			
11				11		00:00	11		00:00	11		00:00	11		00:00	11		00:00	11		00:00	11			
12				12		00:00	12		00:00	12		00:00	12		00:00	12		00:00	12		00:00	12			
13				13		00:00	13		00:00	13		00:00	13		00:00	13		00:00	13		00:00	13			
14				14		00:00	14		00:00	14		00:00	14		00:00	14		00:00	14		00:00	14			
15				15		00:00	15		00:00	15		00:00	15		00:00	15		00:00	15		00:00	15			
16				16		00:00	16		00:00	16		00:00	16		00:00	16		00:00	16		00:00	16			
17				17		00:00	17		00:00	17		00:00	17		00:00	17		00:00	17		00:00	17			
18				18		00:00	18		00:00	18		00:00	18		00:00	18		00:00	18		00:00	18			
19				19		00:00	19		00:00	19		00:00	19		00:00	19		00:00	19		00:00	19			
20				20		00:00	20		00:00	20		00:00	20		00:00	20		00:00	20		00:00	20			
21				21		00:00	21		00:00	21		00:00	21		00:00	21		00:00	21		00:00	21			
22				22		00:00	22		00:00	22		00:00	22		00:00	22		00:00	22		00:00	22			
23				23		00:00	23		00:00	23		00:00	23		00:00	23		00:00	23		00:00	23			
24				24		00:00	24		00:00	24		00:00	24		00:00	24		00:00	24		00:00	24			
25				25		00:00	25		00:00	25		00:00	25		00:00	25		00:00	25		00:00	25			
26				26		00:00	26		00:00	26		00:00	26		00:00	26		00:00	26		00:00	26			
27				27		00:00	27		00:00	27		00:00	27		00:00	27		00:00	27		00:00	27			
28				28		00:00	28		00:00	28		00:00	28		00:00	28		00:00	28		00:00	28			
29				29		00:00	29		00:00	29		00:00	29		00:00	29		00:00	29		00:00	29			
30				30		00:00	30		00:00	30		00:00	30		00:00	30		00:00	30		00:00	30			
31				31		00:00	31		00:00	31		00:00	31		00:00	31		00:00	31		00:00	31			
22	02:00:54	05:30		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	
22	02:00:54	05:30		22	02:00:54	05:30		22	02:00:54	05:30		22	02:00:54	05:30		22	02:00:54	05:30		22	02:00:54	05:30		22	

Gesamtkilometer: 22
Gesamtzeit: 02:00:54
Zeit pro km: 05:30

Gesamtkilom
Gesamtzeit:
Zeit pro km:

00:29:12	00:00	24			00:00	24			00:00	24	6	00:27:08	04:32	24			00:00	24	9	00:51:04	05:41
	05:51	25	11	01:00:01	05:28	25			00:00	25	6	00:31:25	05:15	25	6	00:29:52	04:59	25			00:00
	00:00	26	6	00:32:10	05:22	26			00:00	26	6		00:00	26	6	00:30:54	05:10	26			00:00
	00:00	27			00:00	27			00:00	27	8	00:45:00	05:38	27			00:00	27			00:00
01:04:30	05:52	28	6	00:30:36	05:07	28			00:00	28	6		00:00	28	6	00:31:08	05:12	28			00:00
00:33:27	05:35	29			00:00	29	17	01:26:30	05:05	29	6		00:00	29	6	00:32:56	05:30	29	9	00:50:30	05:37
00:32:16	05:23	30			00:00	30			00:00	30			00:00	30			00:00	30			00:00
	00:00	31			00:00	31			00:00	31			00:00	31			00:00	31	9	00:50:30	05:37
09:14:07	05:29		83	07:19:23	05:18		76	06:35:09	05:12		142,1	12:26:31	05:15		104	09:07:44	05:16		97	08:53:16	05:30
61:38:40	05:30		755	68:58:03	05:29		831	75:33:12	05:27		973,1	87:59:43	05:26		1077	97:07:27	05:25		1174	106:00:43	05:25

1200 seit November 2018

meter: 1174,1
106:00:43
05:25

seit 2003 30.579 2294:07:06 04:30
in Tagen 30.579 04 04 14:07:06
(mm dd hh:mm:ss)

2020

Juli		August		September		Oktober		November		Dezember	
00:00	1	00:00	1	00:00	1	00:00	1	00:00	1	00:00	1
00:00	2	00:00	2	00:00	2	00:00	2	00:00	2	00:00	2
00:00	3	00:00	3	00:00	3	00:00	3	00:00	3	00:00	3
00:00	4	00:00	4	00:00	4	00:00	4	00:00	4	00:00	4
00:00	5	00:00	5	00:00	5	00:00	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	00:00	7	00:00	7	00:00	7	00:00	7	00:00	7
00:00	8	00:00	8	00:00	8	00:00	8	00:00	8	00:00	8
00:00	9	00:00	9	00:00	9	00:00	9	00:00	9	00:00	9
00:00	10	00:00	10	00:00	10	00:00	10	00:00	10	00:00	10
00:00	11	00:00	11	00:00	11	00:00	11	00:00	11	00:00	11
00:00	12	00:00	12	00:00	12	00:00	12	00:00	12	00:00	12
00:00	13	00:00	13	00:00	13	00:00	13	00:00	13	00:00	13
00:00	14	00:00	14	00:00	14	00:00	14	00:00	14	00:00	14
00:00	15	00:00	15	00:00	15	00:00	15	00:00	15	00:00	15
00:00	16	00:00	16	00:00	16	00:00	16	00:00	16	00:00	16
00:00	17	00:00	17	00:00	17	00:00	17	00:00	17	00:00	17
00:00	18	00:00	18	00:00	18	00:00	18	00:00	18	00:00	18
00:00	19	00:00	19	00:00	19	00:00	19	00:00	19	00:00	19
00:00	20	00:00	20	00:00	20	00:00	20	00:00	20	00:00	20
00:00	21	00:00	21	00:00	21	00:00	21	00:00	21	00:00	21
00:00	22	00:00	22	00:00	22	00:00	22	00:00	22	00:00	22
00:00	23	00:00	23	00:00	23	00:00	23	00:00	23	00:00	23
00:00	24	00:00	24	00:00	24	00:00	24	00:00	24	00:00	24
00:00	25	00:00	25	00:00	25	00:00	25	00:00	25	00:00	25
00:00	26	00:00	26	00:00	26	00:00	26	00:00	26	00:00	26
00:00	27	00:00	27	00:00	27	00:00	27	00:00	27	00:00	27
00:00	28	00:00	28	00:00	28	00:00	28	00:00	28	00:00	28
00:00	29	00:00	29	00:00	29	00:00	29	00:00	29	00:00	29
00:00	30	00:00	30	00:00	30	00:00	30	00:00	30	00:00	30
00:00	31	00:00	31	00:00	31	00:00	31	00:00	31	00:00	31
00:00:00	00:00	0	00:00:00	00:00	0	00:00:00	00:00	0	00:00:00	00:00	0
02:00:54	05:30	22	02:00:54	05:30	22	02:00:54	05:30	22	02:00:54	05:30	22

223 seit November 2019

meter: 22
02:00:54
05:30

seit 2003 30.601 2296:08:00 04:30
in Tagen 30.601 04 04 16:08:00
(mm dd hh:mm:ss)

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	00:44:33	
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	00:56:18
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	01:03:06
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	01:26:10
			30					02:08:36	10.09.06									

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 -> Schlesischer 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. -> Schlesischer 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. -> Schlesischer 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

