



10. Kristall-Marathon

Merkers / 14.02.2016

0000

de Bakker, Albert

00: Pallas 67

00: 312

00: 22.75 km

Halbmarathon

0000:

Senioren M35 (35-39 Jahre)

000: 1:38:41

00: 13.83 km/h

0000: 4:20 min/km

00000/000: 11 (of 159)

00000/0: 11 (of 122)

000000: 1:28:31

00000: 1(of 19)

0000000: 1:38:41

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	3.25	13:08	4:02	1	-	12	1:23	3.25	13:08	4:02	1	-	12	1:23
00 2	3.25	13:50	4:15	1	-	12	1:28	6.50	26:58	4:08	1	-	10	2:46
00 3	3.25	13:58	4:17	1	-	10	1:27	9.75	40:56	4:11	1	-	10	4:13
00 4	3.25	14:10	4:21	1	-	10	1:28	13.00	55:06	4:14	1	-	10	5:24
00 5	3.25	14:17	4:23	2	0:02	10	1:21	16.25	1:09:23	4:16	1	-	11	6:44
00 6	3.25	14:54	4:35	3	0:35	14	1:59	19.50	1:24:17	4:19	1	-	11	8:28
000 00	3.25	14:24	4:25	2	0:13	10	1:47	22.75	1:38:41	4:20	1	-	11	10:10