



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Lorberau, Oliver

00: HSV St. Michael

00: 371

00: 22.75 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 1:47:31

00: 12.28 km/h

0000: 4:44 min/km

00000/000: 26 (of 159)

00000/0: 24 (of 122)

000000: 1:28:31

00000: 3(of 15)

0000000: 1:34:48

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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	12:52	3:57	2	0:26	9	1:07	3.25	12:52	3:57	2	0:26	9	1:07
00 2	3.25	14:31	4:28	3	1:11	17	2:09	6.50	27:23	4:12	3	1:37	15	3:11
00 3	3.25	15:05	4:38	3	1:36	21	2:34	9.75	42:28	4:21	3	3:13	15	5:45
00 4	3.25	15:31	4:46	3	1:54	24	2:49	13.00	57:59	4:27	3	5:07	17	8:17
00 5	3.25	16:07	4:57	5	2:13	29	3:11	16.25	1:14:06	4:33	3	7:20	20	11:27
00 6	3.25	16:21	5:01	6	2:14	32	3:26	19.50	1:30:27	4:38	3	9:34	20	14:38
000 00	3.25	17:04	5:15	8	3:09	45	4:27	22.75	1:47:31	4:43	3	12:43	24	19:00