



10. Kristall-Marathon

Merkers / 14.02.2016

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Winkler, Heiko

00: Poeler SV 1923 e.V.

00: 448

00: 22.75 km

Halbmarathon

0000:

Senioren M40 (40-44 Jahre)

000: 1:53:50

00: 11.99 km/h

0000: 5:00 min/km

00000/000: 41 (of 159)

00000/0: 37 (of 122)

000000: 1:28:31

00000: 7(of 23)

0000000: 1:28:31

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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	16:46	5:09	11	4:57	61	5:01	3.25	16:46	5:09	11	4:57	61	5:01
00 2	3.25	16:00	4:55	8	3:38	41	3:38	6.50	32:46	5:02	10	8:34	52	8:34
00 3	3.25	15:55	4:53	8	3:22	34	3:24	9.75	48:41	4:59	8	11:56	43	11:58
00 4	3.25	15:51	4:52	8	3:09	29	3:09	13.00	1:04:32	4:57	8	14:50	41	14:50
00 5	3.25	16:18	5:00	8	3:22	33	3:22	16.25	1:20:50	4:58	8	18:11	39	18:11
00 6	3.25	16:33	5:05	7	3:38	39	3:38	19.50	1:37:23	4:59	8	21:34	38	21:34
000 00	3.25	16:27	5:03	8	3:50	37	3:50	22.75	1:53:50	5:00	7	25:19	37	25:19