



# 10. Kristall-Marathon

Merkers / 14.02.2016

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**Pawlowski, Lukas**

00: Raw Vegan Run

00: 599

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 3:12:49

00: 13.15 km/h

0000: 4:34 min/km

00000/000: 9 (of 119)

00000/0: 9 (of 107)

000000: 2:53:03

00000: 3(of 9)

0000000: 3:07:39

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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	12:56	3:58	2	0:32	5	1:07	3.25	12:56	3:58	2	0:32	5	1:07
00 2	3.25	13:58	4:17	2	0:41	10	1:18	6.50	26:54	4:08	2	1:13	6	2:25
00 3	3.25	14:04	4:19	2	0:23	9	1:33	9.75	40:58	4:12	2	1:36	7	3:45
00 4	3.25	13:48	4:14	1	-	6	1:09	13.00	54:46	4:12	2	1:33	7	4:46
00 5	3.25	14:12	4:22	2	0:03	9	1:15	16.25	1:08:58	4:14	2	1:36	7	6:01
00 6	3.25	14:09	4:21	1	-	5	1:03	19.50	1:23:07	4:15	2	1:27	7	6:58
00 7	3.25	14:23	4:25	1	-	6	1:19	22.75	1:37:30	4:17	2	1:18	8	8:04
00 8	3.25	14:32	4:28	1	-	3	1:27	26.00	1:52:02	4:18	2	0:50	8	9:31
00 9	3.25	15:02	4:37	3	0:27	9	1:27	29.25	2:07:04	4:20	3	0:57	9	10:58
00 10	3.25	15:42	4:49	2	0:32	12	1:35	32.50	2:22:46	4:23	2	1:29	8	12:33
00 11	3.25	17:01	5:14	3	1:09	16	3:04	35.75	2:39:47	4:28	3	2:38	8	15:37
00 12	3.25	16:51	5:11	3	1:44	17	2:49	39.00	2:56:38	4:31	3	4:22	9	18:26
000 00	3.25	16:11	4:58	3	0:48	12	1:20	42.25	3:12:49	4:33	3	5:10	9	19:46