



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Jahn, Uwe

00: Eilenburg

00: 555

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:13:56

00: 12.99 km/h

0000: 4:35 min/km

00000/000: 10 (of 119)

00000/0: 10 (of 107)

000000: 2:53:03

00000: 2(of 24)

0000000: 3:08:05

0000

0000

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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	14:02	4:19	3	0:54	17	2:13	3.25	14:02	4:19	3	0:54	17	2:13
00 2	3.25	14:42	4:31	3	0:53	14	2:02	6.50	28:44	4:25	3	1:41	15	4:15
00 3	3.25	14:32	4:28	3	0:54	12	2:01	9.75	43:16	4:26	3	2:26	14	6:03
00 4	3.25	14:28	4:27	2	0:44	12	1:49	13.00	57:44	4:26	3	3:10	14	7:44
00 5	3.25	14:30	4:27	2	0:40	12	1:33	16.25	1:12:14	4:26	3	3:50	13	9:17
00 6	3.25	14:34	4:28	2	0:25	11	1:28	19.50	1:26:48	4:27	3	4:15	13	10:39
00 7	3.25	14:42	4:31	2	0:37	9	1:38	22.75	1:41:30	4:27	3	4:52	13	12:04
00 8	3.25	14:51	4:34	1	-	6	1:46	26.00	1:56:21	4:28	2	4:46	11	13:50
00 9	3.25	14:54	4:35	1	-	6	1:19	29.25	2:11:15	4:29	2	4:40	11	15:09
00 10	3.25	15:30	4:46	2	0:11	6	1:23	32.50	2:26:45	4:30	2	4:51	11	16:32
00 11	3.25	15:53	4:53	3	0:40	9	1:56	35.75	2:42:38	4:32	3	5:31	12	18:28
00 12	3.25	15:49	4:51	2	0:04	7	1:47	39.00	2:58:27	4:34	2	5:35	10	20:15
000 00	3.25	15:29	4:45	3	0:16	6	0:38	42.25	3:13:56	4:35	2	5:51	10	20:53