



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Pommer, Mario

00: Meddys LWT Koblenz

00: 603

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:16:45

00: 12.81 km/h

0000: 4:40 min/km

00000/0000: 13 (of 119)

00000/0: 13 (of 107)

000000: 2:53:03

00000: 5(of 24)

0000000: 2:53:03

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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	14:38	4:30	6	2:32	20	2:49	3.25	14:38	4:30	6	2:32	20	2:49
00 2	3.25	15:04	4:38	6	2:19	18	2:24	6.50	29:42	4:34	6	4:49	20	5:13
00 3	3.25	15:08	4:39	5	2:37	16	2:37	9.75	44:50	4:35	6	7:11	18	7:37
00 4	3.25	14:51	4:34	5	2:12	14	2:12	13.00	59:41	4:35	6	9:23	17	9:41
00 5	3.25	15:15	4:41	6	2:17	15	2:18	16.25	1:14:56	4:36	5	11:40	15	11:59
00 6	3.25	15:01	4:37	6	1:55	14	1:55	19.50	1:29:57	4:36	5	13:35	15	13:48
00 7	3.25	14:55	4:35	4	1:51	13	1:51	22.75	1:44:52	4:36	5	15:26	15	15:26
00 8	3.25	15:34	4:47	5	2:29	15	2:29	26.00	2:00:26	4:37	5	17:55	15	17:55
00 9	3.25	14:53	4:34	3	1:18	5	1:18	29.25	2:15:19	4:37	5	19:13	15	19:13
00 10	3.25	15:09	4:39	2	1:02	2	1:02	32.50	2:30:28	4:37	5	20:15	15	20:15
00 11	3.25	15:20	4:43	2	1:23	5	1:23	35.75	2:45:48	4:38	5	21:38	14	21:38
00 12	3.25	15:19	4:42	2	1:17	3	1:17	39.00	3:01:07	4:38	5	22:55	13	22:55
000 00	3.25	15:38	4:48	2	0:47	7	0:47	42.25	3:16:45	4:39	5	23:42	13	23:42