



11. Kristall-Marathon

Merkers / 12.02.2017

0000

RUCKES, Sascha

00: ASV Köln Triathlon

00: 304

00: 22.75 km

Halbmarathon

0000:

Senioren M40 (40-44 Jahre)

000: 1:34:42

00: 13.94 km/h

0000: 4:10 min/km

00000/000: 5 (of 149)

00000/0: 5 (of 114)

000000: 1:27:11

00000: 1(of 24)

0000000: 1:34:42

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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	12:42	3:54	1	-	8	1:00	3.25	12:42	3:54	1	-	8	1:00
00 2	3.25	13:26	4:08	1	-	5	0:52	6.50	26:08	4:01	1	-	6	1:52
00 3	3.25	13:26	4:08	1	-	5	1:03	9.75	39:34	4:03	1	-	5	2:55
00 4	3.25	13:46	4:14	1	-	5	1:13	13.00	53:20	4:06	1	-	5	4:08
00 5	3.25	13:54	4:16	1	-	5	1:12	16.25	1:07:14	4:08	1	-	5	5:20
00 6	3.25	14:08	4:20	1	-	5	1:15	19.50	1:21:22	4:10	1	-	5	6:34
000 00	3.25	13:20	4:06	1	-	4	0:57	22.75	1:34:42	4:09	1	-	5	7:31