



11. Kristall-Marathon

Merkers / 12.02.2017

0000

GOTTBEHÜT, Rene

00: FFW Kaltensundheim

00: 226

00: 22.75 km

Halbmarathon

0000:

Senioren M30 (30-34 Jahre)

000: 1:40:06

00: 13.64 km/h

0000: 4:24 min/km

00000/000: 11 (of 149)

00000/0: 11 (of 114)

000000: 1:27:11

00000: 2(of 8)

0000000: 1:33:17

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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	13:58	4:17	3	1:27	20	2:16	3.25	13:58	4:17	3	1:27	20	2:16
00 2	3.25	14:04	4:19	2	1:10	14	1:30	6.50	28:02	4:18	2	2:37	16	3:46
00 3	3.25	14:17	4:23	2	1:06	11	1:54	9.75	42:19	4:20	2	3:43	15	5:40
00 4	3.25	14:18	4:24	2	0:55	10	1:45	13.00	56:37	4:21	2	4:38	14	7:25
00 5	3.25	14:36	4:29	2	1:09	11	1:54	16.25	1:11:13	4:22	2	5:47	12	9:19
00 6	3.25	14:43	4:31	2	0:55	11	1:50	19.50	1:25:56	4:24	2	6:42	12	11:08
000 00	3.25	14:10	4:21	2	0:07	8	1:47	22.75	1:40:06	4:23	2	6:49	11	12:55