



11. Kristall-Marathon

Merkers / 12.02.2017

0000

LANGE, Thomas

00: LT Freigericht

00: 259

00: 22.75 km

Halbmarathon

0000:

Senioren M40 (40-44 Jahre)

000: 1:53:06

00: 11.67 km/h

0000: 4:58 min/km

00000/0000: 35 (of 149)

00000/0: 32 (of 114)

000000: 1:27:11

00000: 7(of 24)

0000000: 1:34:42

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	15:44	4:50	7	3:02	39	4:02	3.25	15:44	4:50	7	3:02	39	4:02
00 2	3.25	15:58	4:54	8	2:32	40	3:24	6.50	31:42	4:52	6	5:34	37	7:26
00 3	3.25	16:03	4:56	7	2:37	36	3:40	9.75	47:45	4:53	7	8:11	37	11:06
00 4	3.25	15:56	4:54	7	2:10	32	3:23	13.00	1:03:41	4:53	7	10:21	35	14:29
00 5	3.25	16:15	5:00	7	2:21	30	3:33	16.25	1:19:56	4:55	7	12:42	35	18:02
00 6	3.25	16:31	5:04	7	2:23	27	3:38	19.50	1:36:27	4:56	7	15:05	34	21:39
000 00	3.25	16:39	5:07	6	3:19	31	4:16	22.75	1:53:06	4:58	7	18:24	32	25:55