



# 12. Kristall-Marathon

Merkers / 18.02.2018

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## BERG, Roman

00: LG Ettingshausen/Laubach

00: 316

00: 22.75 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 1:40:39

00: 13.56 km/h

0000: 4:25 min/km

00000/000: 20 (of 261)

00000/0: 20 (of 215)

000000: 1:25:10

00000: 2(of 34)

0000000: 1:39:17

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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 | 15:35 | 4:47   | 10 | 2:44 | 76 | 4:17  | 3.25  | 15:35   | 4:47   | 10 | 2:44 | 76 | 4:17    |
| 00 2   | 3.25 | 16:35 | 5:06   | 11 | 2:26 | 89 | 4:46  | 6.50  | 32:10   | 4:56   | 10 | 5:10 | 80 | 8:49    |
| 00 3   | 3.25 | 14:23 | 4:25   | 1  | -    | 21 | 2:11  | 9.75  | 46:33   | 4:46   | 8  | 5:10 | 61 | 11:00   |
| 00 4   | 3.25 | 13:35 | 4:10   | 1  | -    | 10 | 1:09  | 13.00 | 1:00:08 | 4:37   | 7  | 4:16 | 45 | 12:09   |
| 00 5   | 3.25 | 13:08 | 4:02   | 1  | -    | 2  | 0:38  | 16.25 | 1:13:16 | 4:30   | 2  | 2:53 | 30 | 12:47   |
| 00 6   | 3.25 | 13:48 | 4:14   | 1  | -    | 4  | 1:20  | 19.50 | 1:27:04 | 4:27   | 2  | 2:03 | 25 | 14:07   |
| 000 00 | 3.25 | 13:35 | 4:10   | 1  | -    | 7  | 11:29 | 22.75 | 1:40:39 | 4:25   | 3  | 9:00 | 22 | 1:38:33 |