



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: 13.11 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