



12. Kristall-Marathon

Merkers / 18.02.2018

0000

HEILMANN, Daniel

00: Laufftreff Schwandorf

00: 386

00: 22.75 km

Halbmarathon

0000:

Senioren M35 (35-39 Jahre)

000: 1:46:11

00: 12.43 km/h

0000: 4:40 min/km

00000/0000: 39 (of 261)

00000/0: 39 (of 215)

000000: 1:25:10

00000: 12(of 35)

0000000: 1:31:26

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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	14:26	4:26	15	2:50	45	3:08	3.25	14:26	4:26	15	2:50	45	3:08
00 2	3.25	15:18	4:42	19	2:39	59	3:29	6.50	29:44	4:34	16	5:20	51	6:23
00 3	3.25	15:02	4:37	13	2:02	43	2:50	9.75	44:46	4:35	13	7:07	45	9:13
00 4	3.25	14:51	4:34	9	1:50	32	2:25	13.00	59:37	4:35	12	8:28	40	11:38
00 5	3.25	15:19	4:42	11	2:01	39	2:49	16.25	1:14:56	4:36	13	10:24	41	14:27
00 6	3.25	15:43	4:50	13	2:01	42	3:15	19.50	1:30:39	4:38	13	12:25	40	17:42
000 00	3.25	15:32	4:46	12	2:28	43	13:26	22.75	1:46:11	4:40	12	14:45	41	1:44:05