



12. Kristall-Marathon

Merkers / 18.02.2018

0000

PASEWALDT, Steven

00: SV Friesen Frankleben

00: 470

00: 22.75 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 1:46:13

00: 12.43 km/h

0000: 4:40 min/km

00000/000: 40 (of 261)

00000/0: 40 (of 215)

000000: 1:25:10

00000: 6(of 34)

0000000: 1:39:17

0000

0000

000

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	14:18	4:24	4	1:27	39	3:00	3.25	14:18	4:24	4	1:27	39	3:00
00 2	3.25	14:53	4:34	5	0:44	46	3:04	6.50	29:11	4:29	4	2:11	45	5:50
00 3	3.25	15:23	4:44	7	1:00	50	3:11	9.75	44:34	4:34	5	3:11	43	9:01
00 4	3.25	15:25	4:44	6	1:50	44	2:59	13.00	59:59	4:36	6	4:07	43	12:00
00 5	3.25	15:31	4:46	6	2:23	43	3:01	16.25	1:15:30	4:38	7	5:07	44	15:01
00 6	3.25	15:36	4:47	6	1:48	40	3:08	19.50	1:31:06	4:40	7	6:05	43	18:09
000 00	3.25	15:07	4:39	4	1:32	33	13:01	22.75	1:46:13	4:40	7	14:34	42	1:44:07