



12. Kristall-Marathon

Merkers / 18.02.2018

0000

LANGE, Thomas

00: LT Freigericht

00: 425

00: 22.75 km

Halbmarathon

0000:

Senioren M40 (40-44 Jahre)

000: 1:49:23

00: 12.07 km/h

0000: 4:49 min/km

00000/000: 53 (of 261)

00000/0: 51 (of 215)

000000: 1:25:10

00000: 5(of 32)

0000000: 1:33:22

0000

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	14:15	4:23	4	2:11	36	2:57	3.25	14:15	4:23	4	2:11	36	2:57
00 2	3.25	14:29	4:27	5	1:27	32	2:40	6.50	28:44	4:25	5	3:38	33	5:23
00 3	3.25	15:00	4:36	5	1:45	40	2:48	9.75	43:44	4:29	5	5:23	34	8:11
00 4	3.25	15:37	4:48	5	1:56	47	3:11	13.00	59:21	4:33	5	7:19	38	11:22
00 5	3.25	16:04	4:56	6	2:18	53	3:34	16.25	1:15:25	4:38	5	9:37	43	14:56
00 6	3.25	16:41	5:08	6	2:47	62	4:13	19.50	1:32:06	4:43	5	12:24	47	19:09
000 00	3.25	17:17	5:19	9	3:49	73	15:11	22.75	1:49:23	4:48	5	16:01	53	1:47:17