



# 12. Kristall-Marathon

Merkers / 18.02.2018

0000

KRÄHMER, Thilo

00: -

00: 704

00: 22.75 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 2:14:35

00: 10.14 km/h

0000: 5:55 min/km

00000/000: 149 (of 261)

00000/0: 134 (of 215)

000000: 1:25:10

00000: 21(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	19:11	5:54	29	6:20	164	7:53	3.25	19:11	5:54	29	6:20	164	7:53
00 2	3.25	18:29	5:41	25	4:20	147	6:40	6.50	37:40	5:47	28	10:40	158	14:19
00 3	3.25	19:02	5:51	25	4:39	147	6:50	9.75	56:42	5:48	28	15:19	155	21:09
00 4	3.25	19:02	5:51	22	5:27	130	6:36	13.00	1:15:44	5:49	25	19:52	150	27:45
00 5	3.25	19:54	6:07	24	6:46	140	7:24	16.25	1:35:38	5:53	24	25:15	149	35:09
00 6	3.25	18:01	5:32	10	4:13	84	5:33	19.50	1:53:39	5:49	22	28:38	135	40:42
000 00	3.25	20:56	6:26	23	7:21	143	18:50	22.75	2:14:35	5:54	22	42:56	136	2:12:29