



12. Kristall-Marathon

Merkers / 18.02.2018

0000

RAITHEL, Gerhard

00: LT Weisenheim am Berg

00: 759

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:11:03

00: 10.04 km/h

0000: 5:56 min/km

00000/0000: 85 (of 168)

00000/0: 79 (of 144)

000000: 2:45:49

00000: 12(of 20)

0000000: 3:22:45

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	18:04	5:33	15	2:59	96	7:10	3.25	18:04	5:33	15	2:59	96	7:10
00 2	3.25	18:07	5:34	14	3:11	99	6:20	6.50	36:11	5:33	14	6:10	98	13:30
00 3	3.25	18:19	5:38	12	3:19	96	5:54	9.75	54:30	5:35	14	9:29	97	19:24
00 4	3.25	18:08	5:34	10	3:05	88	5:31	13.00	1:12:38	5:35	13	12:34	92	24:55
00 5	3.25	17:59	5:31	9	2:54	74	5:39	16.25	1:30:37	5:34	11	15:28	88	30:34
00 6	3.25	18:14	5:36	8	2:47	79	5:50	19.50	1:48:51	5:34	11	18:15	88	36:24
00 7	3.25	18:42	5:45	10	3:19	78	5:54	22.75	2:07:33	5:36	10	21:34	87	42:18
00 8	3.25	19:16	5:55	9	3:23	76	6:27	26.00	2:26:49	5:38	10	24:57	84	48:45
00 9	3.25	20:11	6:12	11	4:35	76	7:03	29.25	2:47:00	5:42	10	29:32	84	55:43
00 10	3.25	20:39	6:21	11	4:15	77	7:49	32.50	3:07:39	5:46	10	33:47	81	1:03:32
00 11	3.25	20:49	6:24	10	4:34	69	7:19	35.75	3:28:28	5:49	11	38:21	78	1:10:51
00 12	3.25	21:23	6:34	10	5:05	71	7:26	39.00	3:49:51	5:53	11	43:26	78	1:18:17
000 00	3.25	21:12	6:31	10	5:17	77	7:20	42.25	4:11:03	5:56	12	48:18	79	1:25:14