



12. Kristall-Marathon

Merkers / 18.02.2018

0000

GREES, Michael

00: 7G runergy

00: 650

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 4:32:02

00: 9.32 km/h

0000: 6:26 min/km

00000/000: 116 (of 168)

00000/0: 105 (of 144)

000000: 2:45:49

00000: 19(of 25)

0000000: 3:13:28

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	18:16	5:37	18	4:21	101	7:22	3.25	18:16	5:37	18	4:21	101	7:22
00 2	3.25	16:35	5:06	9	2:55	55	4:48	6.50	34:51	5:21	15	7:16	83	12:10
00 3	3.25	16:47	5:09	11	3:02	55	4:22	9.75	51:38	5:17	12	10:18	76	16:32
00 4	3.25	16:58	5:13	9	2:55	54	4:21	13.00	1:08:36	5:16	11	13:13	73	20:53
00 5	3.25	18:14	5:36	13	3:47	79	5:54	16.25	1:26:50	5:20	13	17:00	77	26:47
00 6	3.25	18:41	5:44	17	4:22	87	6:17	19.50	1:45:31	5:24	14	21:22	78	33:04
00 7	3.25	19:29	5:59	16	5:08	92	6:41	22.75	2:05:00	5:29	14	26:30	77	39:45
00 8	3.25	21:07	6:29	17	6:37	103	8:18	26.00	2:26:07	5:37	16	33:07	83	48:03
00 9	3.25	23:54	7:21	21	8:59	116	10:46	29.25	2:50:01	5:48	16	42:06	89	58:44
00 10	3.25	23:34	7:15	19	8:09	109	10:44	32.50	3:13:35	5:57	16	49:58	92	1:09:28
00 11	3.25	26:56	8:17	23	11:22	131	13:26	35.75	3:40:31	6:10	17	1:00:42	97	1:22:54
00 12	3.25	25:49	7:56	20	10:22	120	11:52	39.00	4:06:20	6:18	18	1:09:44	103	1:34:46
000 00	3.25	25:42	7:54	22	10:56	118	11:50	42.25	4:32:02	6:26	19	1:18:34	105	1:46:13