



12. Kristall-Marathon

Merkers / 18.02.2018

0000

BENDIG, Uwe-Heinz

00: Team ERDINGER Alkoholfrei

00: 610

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:54:51

00: 8.60 km/h

0000: 6:59 min/km

00000/000: 143 (of 168)

00000/0: 123 (of 144)

000000: 2:45:49

00000: 25(of 29)

0000000: 2:56:23

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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	20:03	6:10	26	7:06	130	9:09	3.25	20:03	6:10	26	7:06	130	9:09
00 2	3.25	19:35	6:01	23	6:35	119	7:48	6.50	39:38	6:05	25	13:41	121	16:57
00 3	3.25	20:21	6:15	27	7:15	127	7:56	9.75	59:59	6:09	26	20:56	127	24:53
00 4	3.25	20:31	6:18	26	6:53	127	7:54	13.00	1:20:30	6:11	26	27:49	126	32:47
00 5	3.25	21:27	6:35	26	7:48	127	9:07	16.25	1:41:57	6:16	25	35:37	124	41:54
00 6	3.25	20:51	6:24	25	7:10	120	8:27	19.50	2:02:48	6:17	25	42:47	125	50:21
00 7	3.25	24:03	7:24	27	10:37	136	11:15	22.75	2:26:51	6:27	26	53:24	126	1:01:36
00 8	3.25	22:57	7:03	26	9:23	122	10:08	26.00	2:49:48	6:31	26	1:02:47	126	1:11:44
00 9	3.25	23:51	7:20	25	10:24	115	10:43	29.25	3:13:39	6:37	26	1:13:11	126	1:22:22
00 10	3.25	24:29	7:31	25	10:51	121	11:39	32.50	3:38:08	6:42	25	1:24:02	124	1:34:01
00 11	3.25	25:23	7:48	25	11:12	118	11:53	35.75	4:03:31	6:48	25	1:35:14	123	1:45:54
00 12	3.25	25:39	7:53	25	11:25	118	11:42	39.00	4:29:10	6:54	25	1:46:39	124	1:57:36
000 00	3.25	25:41	7:54	25	11:49	117	11:49	42.25	4:54:51	6:58	25	1:58:28	123	2:09:02