



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Freese, Torsten

00: Flexkalk

00: 358

00: 22.75 km

Halbmarathon

0000:

Senioren M35 (35-39 Jahre)

000: 1:33:42

00: 14.09 km/h

0000: 4:07 min/km

00000/000: 2 (of 244)

00000/0: 2 (of 179)

000000: 1:31:15

00000: 1(of 26)

0000000: 1:33:42

0000

0000

000

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	13:11	4:03	2	0:04	4	0:13	3.25	13:11	4:03	2	0:04	4	0:13
00 2	3.25	13:13	4:03	1	-	2	0:09	6.50	26:24	4:03	1	-	3	0:04
00 3	3.25	13:34	4:10	1	-	3	0:24	9.75	39:58	4:05	1	-	3	0:28
00 4	3.25	13:26	4:08	2	0:01	3	0:26	13.00	53:24	4:06	1	-	2	0:54
00 5	3.25	13:24	4:07	1	-	2	0:37	16.25	1:06:48	4:06	1	-	2	1:31
00 6	3.25	13:35	4:10	1	-	3	0:41	19.50	1:20:23	4:07	1	-	2	2:12
000 00	3.25	13:19	4:05	1	-	2	0:15	22.75	1:33:42	4:07	1	-	3	21:26