



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Pasewaldt, Steven

00: SV Friesen Frankleben 1887 e.V.

00: 460

00: 22.75 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 1:45:22

00: 12.53 km/h

0000: 4:38 min/km

00000/000: 16 (of 244)

00000/0: 15 (of 179)

000000: 1:31:15

00000: 3(of 29)

0000000: 1:36:19

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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	14:37	4:29	5	1:39	20	1:39	3.25	14:37	4:29	5	1:39	20	1:39
00 2	3.25	14:41	4:31	4	1:19	21	1:37	6.50	29:18	4:30	4	2:58	20	2:58
00 3	3.25	15:04	4:38	5	1:44	23	1:54	9.75	44:22	4:33	4	4:42	21	4:52
00 4	3.25	15:15	4:41	6	1:24	21	2:15	13.00	59:37	4:35	5	6:06	21	7:07
00 5	3.25	15:17	4:42	3	1:01	16	2:30	16.25	1:14:54	4:36	5	7:07	20	9:37
00 6	3.25	15:27	4:45	4	1:06	15	2:33	19.50	1:30:21	4:37	5	8:13	18	12:10
000 00	3.25	15:01	4:37	3	0:50	12	1:57	22.75	1:45:22	4:37	3	9:03	16	33:06