



# 13. Kristall-Marathon

Merkers / 17.02.2019

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Vollhardt, Jürgen

00: Stoll

00: 520

00: 22.75 km

Halbmarathon

0000:

Senioren M30 (30-34 Jahre)

000: 1:45:53

00: 12.47 km/h

0000: 4:39 min/km

00000/000: 18 (of 244)

00000/0: 17 (of 179)

000000: 1:31:15

00000: 2(of 17)

0000000: 1:41:52

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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	14:01	4:18	2	0:59	11	1:03	3.25	14:01	4:18	2	0:59	11	1:03
00 2	3.25	14:16	4:23	2	0:44	15	1:12	6.50	28:17	4:21	2	1:43	12	1:57
00 3	3.25	14:31	4:28	2	0:17	14	1:21	9.75	42:48	4:23	2	2:00	13	3:18
00 4	3.25	15:04	4:38	2	0:32	18	2:04	13.00	57:52	4:27	2	2:32	15	5:22
00 5	3.25	15:21	4:43	2	0:11	19	2:34	16.25	1:13:13	4:30	2	2:43	15	7:56
00 6	3.25	16:15	5:00	4	0:35	27	3:21	19.50	1:29:28	4:35	2	3:16	16	11:17
000 00	3.25	16:25	5:03	7	1:15	30	3:21	22.75	1:45:53	4:39	2	4:01	18	33:37