



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Held, Andreas

00: Merseburg

00: 382

00: 22.75 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 1:54:12

00: 11.56 km/h

0000: 5:01 min/km

00000/000: 39 (of 244)

00000/0: 36 (of 179)

000000: 1:31:15

00000: 9(of 29)

0000000: 1:36:19

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	15:17	4:42	7	2:19	32	2:19	3.25	15:17	4:42	7	2:19	32	2:19
00 2	3.25	15:48	4:51	11	2:26	47	2:44	6.50	31:05	4:46	9	4:45	37	4:45
00 3	3.25	16:12	4:59	11	2:52	44	3:02	9.75	47:17	4:50	10	7:37	40	7:47
00 4	3.25	16:37	5:06	10	2:46	41	3:37	13.00	1:03:54	4:54	10	10:23	40	11:24
00 5	3.25	16:43	5:08	9	2:27	43	3:56	16.25	1:20:37	4:57	10	12:50	39	15:20
00 6	3.25	17:00	5:13	9	2:39	36	4:06	19.50	1:37:37	5:00	9	15:29	37	19:26
000 00	3.25	16:35	5:06	8	2:24	32	3:31	22.75	1:54:12	5:01	9	17:53	37	41:56