



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Göcking, Thomas

00: Wartburg- Sparkasse

00: 367

00: 22.75 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 2:02:15

00: 11.17 km/h

0000: 5:22 min/km

00000/000: 70 (of 244)

00000/0: 62 (of 179)

000000: 1:31:15

00000: 13(of 29)

0000000: 1:36:19

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	18:34	5:42	21	5:36	124	5:36	3.25	18:34	5:42	21	5:36	124	5:36
00 2	3.25	16:48	5:10	15	3:26	72	3:44	6.50	35:22	5:26	17	9:02	99	9:02
00 3	3.25	17:25	5:21	15	4:05	77	4:15	9.75	52:47	5:24	17	13:07	96	13:17
00 4	3.25	17:09	5:16	13	3:18	59	4:09	13.00	1:09:56	5:22	16	16:25	86	17:26
00 5	3.25	17:16	5:18	12	3:00	52	4:29	16.25	1:27:12	5:21	15	19:25	76	21:55
00 6	3.25	17:33	5:24	11	3:12	49	4:39	19.50	1:44:45	5:22	15	22:37	68	26:34
000 00	3.25	17:30	5:23	10	3:19	47	4:26	22.75	2:02:15	5:22	13	25:56	63	49:59