



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Hellweg, Christoph

00: Bielefeld

00: 383

00: 22.75 km

Halbmarathon

0000:

Senioren M50 (50-54 Jahre)

000: 2:05:12

00: 10.54 km/h

0000: 5:30 min/km

00000/0000: 87 (of 244)

00000/0: 76 (of 179)

000000: 1:31:15

00000: 13(of 38)

0000000: 1:57:07

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	18:10	5:35	19	2:51	111	5:12	3.25	18:10	5:35	19	2:51	111	5:12
00 2	3.25	17:59	5:31	19	2:30	108	4:55	6.50	36:09	5:33	19	5:21	106	9:49
00 3	3.25	17:50	5:29	17	3:07	91	4:40	9.75	53:59	5:32	18	6:52	103	14:29
00 4	3.25	17:37	5:25	8	1:23	70	4:37	13.00	1:11:36	5:30	17	6:51	97	19:06
00 5	3.25	17:32	5:23	9	1:55	61	4:45	16.25	1:29:08	5:29	15	7:30	90	23:51
00 6	3.25	18:05	5:33	9	0:46	58	5:11	19.50	1:47:13	5:29	13	7:39	81	29:02
000 00	3.25	17:59	5:31	9	0:52	59	4:55	22.75	2:05:12	5:30	14	52:56	77	52:56