



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Hartkopf, Ingo

00: Die Hartköpfe

00: 376

00: 22.75 km

Halbmarathon

0000:

Senioren M55 (55-59 Jahre)

000: 2:05:43

00: 10.50 km/h

0000: 5:32 min/km

00000/000: 92 (of 244)

00000/0: 77 (of 179)

000000: 1:31:15

00000: 3(of 22)

0000000: 1:53:58

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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	15:36	4:47	1	-	42	2:38	3.25	15:36	4:47	1	-	42	2:38
00 2	3.25	16:27	5:03	3	0:55	63	3:23	6.50	32:03	4:55	3	0:40	54	5:43
00 3	3.25	17:20	5:19	4	1:38	71	4:10	9.75	49:23	5:03	3	2:18	59	9:53
00 4	3.25	18:16	5:37	6	2:10	88	5:16	13.00	1:07:39	5:12	3	4:28	65	15:09
00 5	3.25	19:16	5:55	10	2:39	104	6:29	16.25	1:26:55	5:20	3	7:07	75	21:38
00 6	3.25	19:26	5:58	8	2:47	91	6:32	19.50	1:46:21	5:27	3	9:32	78	28:10
000 00	3.25	19:22	5:57	7	3:21	84	6:18	22.75	2:05:43	5:31	3	11:45	78	53:27