



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Lutz, Ferdinand

00: LT Freigericht

00: 436

00: 22.75 km

Halbmarathon

0000:

Senioren M55 (55-59 Jahre)

000: 2:07:26

00: 10.71 km/h

0000: 5:36 min/km

00000/000: 100 (of 244)

00000/0: 84 (of 179)

000000: 1:31:15

00000: 6(of 22)

0000000: 1:53:58

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	17:16	5:18	4	1:40	87	4:18	3.25	17:16	5:18	4	1:40	87	4:18
00 2	3.25	17:20	5:19	8	1:48	97	4:16	6.50	34:36	5:19	6	3:13	94	8:16
00 3	3.25	17:53	5:30	8	2:11	94	4:43	9.75	52:29	5:22	7	5:24	94	12:59
00 4	3.25	18:17	5:37	7	2:11	89	5:17	13.00	1:10:46	5:26	6	7:35	90	18:16
00 5	3.25	18:34	5:42	4	1:57	85	5:47	16.25	1:29:20	5:29	6	9:32	91	24:03
00 6	3.25	19:01	5:51	6	2:22	82	6:07	19.50	1:48:21	5:33	5	11:32	90	30:10
000 00	3.25	19:05	5:52	6	3:04	74	6:01	22.75	2:07:26	5:36	6	13:28	85	55:10