



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Malzahn, Kai

00: KS Sportsworld - Team Actreme

00: 728

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 2:57:49

00: 14.26 km/h

0000: 4:13 min/km

00000/0000: 2 (of 193)

00000/0: 2 (of 161)

000000: 2:49:28

00000: 1(of 28)

0000000: 2:57:49

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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	12:11	3:44	1	-	3	0:21	3.25	12:11	3:44	1	-	3	0:21
00 2	3.25	12:32	3:51	1	-	3	0:05	6.50	24:43	3:48	1	-	3	0:26
00 3	3.25	12:45	3:55	1	-	3	0:14	9.75	37:28	3:50	1	-	3	0:40
00 4	3.25	12:50	3:56	1	-	2	0:05	13.00	50:18	3:52	1	-	3	0:45
00 5	3.25	12:59	3:59	1	-	2	0:05	16.25	1:03:17	3:53	1	-	2	0:50
00 6	3.25	13:09	4:02	2	13:08	4	13:08	19.50	1:16:26	3:55	2	2:49	4	2:49
00 7	3.25	13:26	4:08	1	-	2	0:05	22.75	1:29:52	3:57	2	1:58	4	1:58
00 8	3.25	13:31	4:09	2	13:30	3	13:30	26.00	1:43:23	3:58	2	15:28	4	15:28
00 9	3.25	14:10	4:21	1	-	3	0:51	29.25	1:57:33	4:01	2	14:35	4	14:35
00 10	3.25	14:26	4:26	1	-	4	0:59	32.50	2:11:59	4:03	2	13:08	4	13:08
00 11	3.25	15:03	4:37	1	-	7	1:55	35.75	2:27:02	4:06	2	11:26	4	11:26
00 12	3.25	15:34	4:47	1	-	9	2:21	39.00	2:42:36	4:10	2	9:44	4	9:44
000 00	3.25	15:13	4:40	1	-	8	2:08	42.25	2:57:49	4:12	1	-	2	8:21