



13. Kristall-Marathon

Merkers / 17.02.2019

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Thielbeer, Ralph

□□: SoWeitDieBeineTragen

□□: 828

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 3:19:45

□□: 12.62 km/h

□□□□: 4:44 min/km

□□□□□/□□□: 15 (of 193)

□□□□□/□: 15 (of 161)

□□□□□□: 2:49:28

□□□□□: 6(of 27)

□□□□□□□: 2:58:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:07	4:39	12	3:17	32	3:17	3.25	15:07	4:39	12	3:17	32	3:17
□□ 2	3.25	14:27	4:26	7	2:00	15	2:00	6.50	29:34	4:32	8	5:17	22	5:17
□□ 3	3.25	14:26	4:26	6	1:42	13	1:55	9.75	44:00	4:30	8	6:59	17	7:12
□□ 4	3.25	14:26	4:26	5	1:18	10	1:41	13.00	58:26	4:29	8	8:17	16	8:53
□□ 5	3.25	14:23	4:25	5	0:48	9	1:29	16.25	1:12:49	4:28	8	8:42	15	10:22
□□ 6	3.25	14:39	4:30	5	1:02	12	14:38	19.50	1:27:28	4:29	6	8:48	15	13:51
□□ 7	3.25	14:38	4:30	4	0:45	11	1:17	22.75	1:42:06	4:29	5	8:38	13	14:12
□□ 8	3.25	15:15	4:41	5	0:52	13	15:14	26.00	1:57:21	4:30	5	9:19	12	29:26
□□ 9	3.25	15:26	4:44	5	1:09	13	2:07	29.25	2:12:47	4:32	5	10:28	12	29:49
□□ 10	3.25	16:14	4:59	8	2:24	20	2:47	32.50	2:29:01	4:35	5	12:52	12	30:10
□□ 11	3.25	17:14	5:18	10	3:26	27	4:06	35.75	2:46:15	4:39	5	16:18	13	30:39
□□ 12	3.25	17:01	5:14	7	2:35	19	3:48	39.00	3:03:16	4:41	5	18:53	14	30:24
□□□ □□	3.25	16:29	5:04	8	2:38	17	3:24	42.25	3:19:45	4:43	6	21:31	15	30:17