



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Zwingmann, Andre

00: Adidas Runners Frankfurt

00: 848

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:27:01

00: 12.25 km/h

0000: 4:54 min/km

00000/000: 23 (of 193)

00000/0: 23 (of 161)

000000: 2:49:28

00000: 2(of 28)

0000000: 2:57:49

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 | 14:11 | 4:21 | 3 | 2:00 | 16 | 2:21 | 3.25 | 14:11 | 4:21 | 3 | 2:00 | 16 | 2:21 |
| 00 2 | 3.25 | 14:56 | 4:35 | 4 | 2:24 | 22 | 2:29 | 6.50 | 29:07 | 4:28 | 3 | 4:24 | 16 | 4:50 |
| 00 3 | 3.25 | 15:01 | 4:37 | 4 | 2:16 | 23 | 2:30 | 9.75 | 44:08 | 4:31 | 3 | 6:40 | 19 | 7:20 |
| 00 4 | 3.25 | 14:53 | 4:34 | 3 | 2:03 | 17 | 2:08 | 13.00 | 59:01 | 4:32 | 3 | 8:43 | 19 | 9:28 |
| 00 5 | 3.25 | 14:35 | 4:29 | 2 | 1:36 | 12 | 1:41 | 16.25 | 1:13:36 | 4:31 | 3 | 10:19 | 17 | 11:09 |
| 00 6 | 3.25 | 0:01 | 0:00 | 1 | - | 1 | - | 19.50 | 1:13:37 | 3:46 | 1 | - | 1 | - |
| 00 7 | 3.25 | 14:17 | 4:23 | 2 | 0:51 | 8 | 0:56 | 22.75 | 1:27:54 | 3:51 | 1 | - | 1 | - |
| 00 8 | 3.25 | 0:01 | 0:00 | 1 | - | 1 | - | 26.00 | 1:27:55 | 3:22 | 1 | - | 1 | - |
| 00 9 | 3.25 | 15:03 | 4:37 | 2 | 0:53 | 9 | 1:44 | 29.25 | 1:42:58 | 3:31 | 1 | - | 1 | - |
| 00 10 | 3.25 | 15:53 | 4:53 | 2 | 1:27 | 13 | 2:26 | 32.50 | 1:58:51 | 3:39 | 1 | - | 1 | - |
| 00 11 | 3.25 | 16:45 | 5:09 | 2 | 1:42 | 19 | 3:37 | 35.75 | 2:15:36 | 3:47 | 1 | - | 1 | - |
| 00 12 | 3.25 | 17:16 | 5:18 | 2 | 1:42 | 20 | 4:03 | 39.00 | 2:32:52 | 3:55 | 1 | - | 1 | - |
| 000 00 | 3.25 | 54:09 | 16:39 | 28 | 38:56 | 160 | 41:04 | 42.25 | 3:27:01 | 4:53 | 2 | 29:12 | 23 | 37:33 |