



13. Kristall-Marathon

Merkers / 17.02.2019

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Mühlwald, Alex

□□: Marathon Club Ireland

□□: 745

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:37:48

□□: 11.57 km/h

□□□□: 5:10 min/km

□□□□□/□□□: 34 (of 193)

□□□□□/□: 34 (of 161)

□□□□□□: 2:49:28

□□□□□: 5(of 35)

□□□□□□□: 3:16:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:20	5:19	16	2:36	80	5:30	3.25	17:20	5:19	16	2:36	80	5:30	
□□ 2	3.25	17:11	5:17	16	2:35	77	4:44	6.50	34:31	5:18	15	5:02	75	10:14	
□□ 3	3.25	16:48	5:10	9	2:04	57	4:17	9.75	51:19	5:15	14	7:06	70	14:31	
□□ 4	3.25	16:59	5:13	9	2:12	57	4:14	13.00	1:08:18	5:15	13	9:18	66	18:45	
□□ 5	3.25	16:45	5:09	7	2:05	45	3:51	16.25	1:25:03	5:14	13	11:23	62	22:36	
□□ 6	3.25	16:32	5:05	5	1:59	40	16:31	19.50	1:41:35	5:12	10	13:22	57	27:58	
□□ 7	3.25	16:27	5:03	4	2:00	35	3:06	22.75	1:58:02	5:11	9	15:22	54	30:08	
□□ 8	3.25	16:40	5:07	5	2:14	36	16:39	26.00	2:14:42	5:10	7	17:36	49	46:47	
□□ 9	3.25	16:40	5:07	5	1:44	33	3:21	29.25	2:31:22	5:10	6	19:20	44	48:24	
□□ 10	3.25	16:41	5:08	4	1:21	24	3:14	32.50	2:48:03	5:10	6	20:41	41	49:12	
□□ 11	3.25	16:33	5:05	3	0:50	16	3:25	35.75	3:04:36	5:09	6	21:24	39	49:00	
□□ 12	3.25	16:43	5:08	3	1:20	17	3:30	39.00	3:21:19	5:09	5	21:45	36	48:27	
□□□ □□	3.25	16:29	5:04	2	1:18	17	3:24	42.25	3:37:48	5:09	5	21:08	34	48:20	