



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Bilek, Marcel

00: Lauffeuer Fröttstädt

00: 611

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:45:18

00: 11.25 km/h

0000: 5:20 min/km

00000/0000: 42 (of 193)

00000/0: 41 (of 161)

000000: 2:49:28

00000: 5(of 10)

0000000: 3:12:41

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	14:27	4:26	3	1:10	20	2:37	3.25	14:27	4:26	3	1:10	20	2:37
00 2	3.25	15:34	4:47	5	1:50	35	3:07	6.50	30:01	4:37	5	3:00	31	5:44
00 3	3.25	15:55	4:53	5	1:41	38	3:24	9.75	45:56	4:42	5	4:41	31	9:08
00 4	3.25	16:10	4:58	6	1:43	41	3:25	13.00	1:02:06	4:46	5	6:24	31	12:33
00 5	3.25	16:46	5:09	9	2:07	46	3:52	16.25	1:18:52	4:51	5	8:05	32	16:25
00 6	3.25	16:54	5:11	9	16:53	52	16:53	19.50	1:35:46	4:54	6	22:06	36	22:09
00 7	3.25	17:21	5:20	8	2:48	52	4:00	22.75	1:53:07	4:58	6	24:54	37	25:13
00 8	3.25	18:02	5:32	9	3:35	56	18:01	26.00	2:11:09	5:02	6	28:29	38	43:14
00 9	3.25	18:08	5:34	7	3:42	47	4:49	29.25	2:29:17	5:06	6	32:11	39	46:19
00 10	3.25	19:06	5:52	5	4:54	59	5:39	32.50	2:48:23	5:10	6	37:05	43	49:32
00 11	3.25	19:12	5:54	5	4:30	53	6:04	35.75	3:07:35	5:14	6	41:35	42	51:59
00 12	3.25	19:23	5:57	6	3:55	57	6:10	39.00	3:26:58	5:18	5	45:30	41	54:06
000 00	3.25	18:20	5:38	4	1:51	38	5:15	42.25	3:45:18	5:19	5	32:37	41	55:50