



# 13. Kristall-Marathon

Merkers / 17.02.2019

0000

Helle, Simon

00: K+S Gastro Konzept GmbH

00: 675

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 3:46:50

00: 11.18 km/h

0000: 5:22 min/km

00000/000: 45 (of 193)

00000/0: 43 (of 161)

000000: 2:49:28

00000: 14(of 27)

0000000: 2:58:14

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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	15:57	4:54	14	4:07	48	4:07	3.25	15:57	4:54	14	4:07	48	4:07
00 2	3.25	15:58	4:54	14	3:31	41	3:31	6.50	31:55	4:54	14	7:38	42	7:38
00 3	3.25	16:02	4:56	12	3:18	39	3:31	9.75	47:57	4:55	14	10:56	41	11:09
00 4	3.25	16:23	5:02	13	3:15	45	3:38	13.00	1:04:20	4:56	14	14:11	42	14:47
00 5	3.25	16:18	5:00	12	2:43	36	3:24	16.25	1:20:38	4:57	13	16:31	41	18:11
00 6	3.25	16:39	5:07	14	3:02	43	16:38	19.50	1:37:17	4:59	13	18:37	40	23:40
00 7	3.25	17:19	5:19	14	3:26	50	3:58	22.75	1:54:36	5:02	13	21:08	39	26:42
00 8	3.25	17:45	5:27	13	3:22	48	17:44	26.00	2:12:21	5:05	13	24:19	41	44:26
00 9	3.25	17:57	5:31	14	3:40	45	4:38	29.25	2:30:18	5:08	13	27:59	43	47:20
00 10	3.25	19:08	5:53	17	5:18	61	5:41	32.50	2:49:26	5:12	13	33:17	44	50:35
00 11	3.25	18:18	5:37	13	4:30	38	5:10	35.75	3:07:44	5:15	13	37:47	43	52:08
00 12	3.25	20:03	6:10	19	5:37	69	6:50	39.00	3:27:47	5:19	14	43:24	43	54:55
000 00	3.25	19:03	5:51	15	5:12	50	5:58	42.25	3:46:50	5:22	14	48:36	43	57:22