



13. Kristall-Marathon

Merkers / 17.02.2019

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Kretzschmar, Manfred

□□: Ichtershausen

□□: 716

□□: 42.25 km

Marathon

□□□□:

Senioren M65 (65-69 Jahre)

□□□: 3:47:38

□□: 11.07 km/h

□□□□: 5:23 min/km

□□□□□/□□□: 46 (of 193)

□□□□□/□: 44 (of 161)

□□□□□□: 2:49:28

□□□□□: 1(of 2)

□□□□□□□: 3:47:38

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	3.25	16:11	4:58	1	-	53	4:21	3.25	16:11	4:58	1	-	53	4:21
□□ 2	3.25	16:03	4:56	1	-	42	3:36	6.50	32:14	4:57	1	-	46	7:57
□□ 3	3.25	16:10	4:58	1	-	42	3:39	9.75	48:24	4:57	1	-	44	11:36
□□ 4	3.25	16:28	5:03	1	-	49	3:43	13.00	1:04:52	4:59	1	-	45	15:19
□□ 5	3.25	16:48	5:10	1	-	49	3:54	16.25	1:21:40	5:01	1	-	45	19:13
□□ 6	3.25	16:50	5:10	1	-	50	16:49	19.50	1:38:30	5:03	1	-	45	24:53
□□ 7	3.25	17:02	5:14	1	-	45	3:41	22.75	1:55:32	5:04	1	-	43	27:38
□□ 8	3.25	17:29	5:22	1	-	43	17:28	26.00	2:13:01	5:06	1	-	44	45:06
□□ 9	3.25	18:37	5:43	1	-	59	5:18	29.25	2:31:38	5:11	1	-	46	48:40
□□ 10	3.25	18:17	5:37	1	-	44	4:50	32.50	2:49:55	5:13	1	-	47	51:04
□□ 11	3.25	19:28	5:59	1	-	58	6:20	35.75	3:09:23	5:17	1	-	46	53:47
□□ 12	3.25	19:35	6:01	1	-	63	6:22	39.00	3:28:58	5:21	1	-	44	56:06
□□□ □□	3.25	18:40	5:44	1	-	44	5:35	42.25	3:47:38	5:23	1	-	44	58:10