



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Hartmann, Frederik

00: TV Refrath

00: 671

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:48:47

00: 11.01 km/h

0000: 5:25 min/km

00000/000: 48 (of 193)

00000/0: 46 (of 161)

000000: 2:49:28

00000: 7(of 35)

0000000: 3:16:40

0000

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	15:58	4:54	9	1:14	49	4:08	3.25	15:58	4:54	9	1:14	49	4:08
00 2	3.25	15:37	4:48	4	1:01	36	3:10	6.50	31:35	4:51	5	2:06	39	7:18
00 3	3.25	15:35	4:47	3	0:51	31	3:04	9.75	47:10	4:50	4	2:57	37	10:22
00 4	3.25	15:54	4:53	4	1:07	33	3:09	13.00	1:03:04	4:51	4	4:04	37	13:31
00 5	3.25	17:41	5:26	12	3:01	73	4:47	16.25	1:20:45	4:58	6	7:05	42	18:18
00 6	3.25	16:55	5:12	7	2:22	53	16:54	19.50	1:37:40	5:00	5	9:27	41	24:03
00 7	3.25	17:54	5:30	13	3:27	66	4:33	22.75	1:55:34	5:04	6	12:54	44	27:40
00 8	3.25	18:35	5:43	13	4:09	70	18:34	26.00	2:14:09	5:09	6	17:03	48	46:14
00 9	3.25	18:55	5:49	12	3:59	67	5:36	29.25	2:33:04	5:13	7	21:02	51	50:06
00 10	3.25	19:16	5:55	14	3:56	65	5:49	32.50	2:52:20	5:18	8	24:58	51	53:29
00 11	3.25	18:59	5:50	10	3:16	46	5:51	35.75	3:11:19	5:21	8	28:07	50	55:43
00 12	3.25	19:10	5:53	9	3:47	49	5:57	39.00	3:30:29	5:23	7	30:55	48	57:37
000 00	3.25	18:18	5:37	6	3:07	37	5:13	42.25	3:48:47	5:24	7	32:07	46	59:19