



# 13. Kristall-Marathon

Merkers / 17.02.2019

0000

**Gehlhar, Norman**

000: 3:49:20

00: Freiwillige Feuerwehr Maintal-Wachenbuchen

00: 11.05 km/h

00: 659

0000: 5:26 min/km

00: 42.25 km

00000/000: 49 (of 193)

Marathon

00000/0: 47 (of 161)

0000:

00000: 2:49:28

Senioren M30 (30-34 Jahre)

00000: 7(of 10)

0000000: 3:12:41

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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	17:19	5:19	10	4:02	78	5:29	3.25	17:19	5:19	10	4:02	78	5:29
00 2	3.25	16:24	5:02	7	2:40	51	3:57	6.50	33:43	5:11	10	6:42	65	9:26
00 3	3.25	16:20	5:01	8	2:06	46	3:49	9.75	50:03	5:07	10	8:48	61	13:15
00 4	3.25	16:27	5:03	9	2:00	48	3:42	13.00	1:06:30	5:06	10	10:48	52	16:57
00 5	3.25	16:26	5:03	8	1:47	42	3:32	16.25	1:22:56	5:06	10	12:09	51	20:29
00 6	3.25	15:59	4:55	6	15:58	34	15:58	19.50	1:38:55	5:04	8	25:15	46	25:18
00 7	3.25	15:50	4:52	4	1:17	30	2:29	22.75	1:54:45	5:02	7	26:32	41	26:51
00 8	3.25	17:00	5:13	6	2:33	39	16:59	26.00	2:11:45	5:04	7	29:05	40	43:50
00 9	3.25	18:32	5:42	9	4:06	57	5:13	29.25	2:30:17	5:08	7	33:11	42	47:19
00 10	3.25	19:33	6:00	8	5:21	69	6:06	32.50	2:49:50	5:13	7	38:32	46	50:59
00 11	3.25	19:50	6:06	7	5:08	67	6:42	35.75	3:09:40	5:18	7	43:40	47	54:04
00 12	3.25	20:36	6:20	8	5:08	81	7:23	39.00	3:30:16	5:23	7	48:48	47	57:24
000 00	3.25	19:04	5:51	7	2:35	52	5:59	42.25	3:49:20	5:25	7	36:39	47	59:52