



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Erthel, Stefan

00: Wermelskirchen

00: 639

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:49:47

00: 10.97 km/h

0000: 5:26 min/km

00000/000: 50 (of 193)

00000/0: 48 (of 161)

000000: 2:49:28

00000: 8(of 35)

0000000: 3:16:40

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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	16:55	5:12	13	2:11	67	5:05	3.25	16:55	5:12	13	2:11	67	5:05
00 2	3.25	16:40	5:07	11	2:04	59	4:13	6.50	33:35	5:10	12	4:06	62	9:18
00 3	3.25	16:59	5:13	12	2:15	63	4:28	9.75	50:34	5:11	12	6:21	63	13:46
00 4	3.25	17:06	5:15	12	2:19	61	4:21	13.00	1:07:40	5:12	12	8:40	63	18:07
00 5	3.25	17:16	5:18	11	2:36	64	4:22	16.25	1:24:56	5:13	11	11:16	60	22:29
00 6	3.25	17:12	5:17	11	2:39	58	17:11	19.50	1:42:08	5:14	12	13:55	60	28:31
00 7	3.25	17:26	5:21	10	2:59	55	4:05	22.75	1:59:34	5:15	11	16:54	59	31:40
00 8	3.25	17:48	5:28	8	3:22	49	17:47	26.00	2:17:22	5:16	11	20:16	58	49:27
00 9	3.25	18:14	5:36	8	3:18	50	4:55	29.25	2:35:36	5:19	10	23:34	56	52:38
00 10	3.25	18:26	5:40	8	3:06	47	4:59	32.50	2:54:02	5:21	10	26:40	55	55:11
00 11	3.25	18:32	5:42	7	2:49	40	5:24	35.75	3:12:34	5:23	10	29:22	53	56:58
00 12	3.25	18:34	5:42	7	3:11	39	5:21	39.00	3:31:08	5:24	8	31:34	49	58:16
000 00	3.25	18:39	5:44	8	3:28	43	5:34	42.25	3:49:47	5:26	8	33:07	48	1:00:19