



# 13. Kristall-Marathon

Merkers / 17.02.2019

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Michaelis, Olli

00: Meddys LWT Koblenz + TEA

00: 741

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:52:17

00: 10.85 km/h

0000: 5:30 min/km

00000/0000: 58 (of 193)

00000/0: 54 (of 161)

000000: 2:49:28

00000: 5(of 22)

0000000: 3:15:14

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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	20:49	6:24	22	7:12	152	8:59	3.25	20:49	6:24	22	7:12	152	8:59
00 2	3.25	16:51	5:11	7	3:43	66	4:24	6.50	37:40	5:47	14	10:55	116	13:23
00 3	3.25	16:24	5:02	4	2:40	49	3:53	9.75	54:04	5:32	11	13:35	96	17:16
00 4	3.25	16:18	5:00	4	2:37	44	3:33	13.00	1:10:22	5:24	9	16:12	82	20:49
00 5	3.25	16:53	5:11	6	3:02	53	3:59	16.25	1:27:15	5:22	8	19:14	73	24:48
00 6	3.25	16:58	5:13	5	3:10	54	16:57	19.50	1:44:13	5:20	8	22:24	68	30:36
00 7	3.25	17:28	5:22	6	3:26	56	4:07	22.75	2:01:41	5:20	7	25:50	65	33:47
00 8	3.25	17:54	5:30	5	3:14	52	17:53	26.00	2:19:35	5:22	6	29:04	64	51:40
00 9	3.25	18:27	5:40	5	3:20	54	5:08	29.25	2:38:02	5:24	5	32:24	62	55:04
00 10	3.25	18:43	5:45	5	3:18	50	5:16	32.50	2:56:45	5:26	5	34:53	63	57:54
00 11	3.25	18:48	5:47	4	3:05	44	5:40	35.75	3:15:33	5:28	5	36:41	61	59:57
00 12	3.25	18:49	5:47	4	2:52	43	5:36	39.00	3:34:22	5:29	5	37:58	57	1:01:30
000 00	3.25	17:55	5:30	4	2:06	33	4:50	42.25	3:52:17	5:29	5	37:03	54	1:02:49