



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Fischer, Udo

□□: IRON FEET

□□: 645

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:56:38

□□: 10.65 km/h

□□□□: 5:36 min/km

□□□□□/□□□: 70 (of 193)

□□□□□/□: 65 (of 161)

□□□□□□: 2:49:28

□□□□□: 6(of 22)

□□□□□□□: 3:15:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:48	4:51	4	2:11	41	3:58	3.25	15:48	4:51	4	2:11	41	3:58	
□□ 2	3.25	16:57	5:12	9	3:49	71	4:30	6.50	32:45	5:02	4	6:00	52	8:28	
□□ 3	3.25	17:07	5:15	7	3:23	68	4:36	9.75	49:52	5:06	5	9:23	55	13:04	
□□ 4	3.25	17:20	5:19	8	3:39	70	4:35	13.00	1:07:12	5:10	6	13:02	59	17:39	
□□ 5	3.25	18:00	5:32	9	4:09	82	5:06	16.25	1:25:12	5:14	6	17:11	63	22:45	
□□ 6	3.25	18:54	5:48	9	5:06	90	18:53	19.50	1:44:06	5:20	7	22:17	67	30:29	
□□ 7	3.25	18:25	5:40	8	4:23	80	5:04	22.75	2:02:31	5:23	8	26:40	67	34:37	
□□ 8	3.25	18:59	5:50	8	4:19	79	18:58	26.00	2:21:30	5:26	8	30:59	68	53:35	
□□ 9	3.25	19:18	5:56	7	4:11	76	5:59	29.25	2:40:48	5:29	7	35:10	68	57:50	
□□ 10	3.25	19:46	6:04	7	4:21	72	6:19	32.50	3:00:34	5:33	7	38:42	71	1:01:43	
□□ 11	3.25	19:31	6:00	5	3:48	60	6:23	35.75	3:20:05	5:35	6	41:13	68	1:04:29	
□□ 12	3.25	19:11	5:54	7	3:14	52	5:58	39.00	3:39:16	5:37	6	42:52	67	1:06:24	
□□□ □□	3.25	17:22	5:20	3	1:33	26	4:17	42.25	3:56:38	5:36	6	41:24	65	1:07:10	