



# 13. Kristall-Marathon

Merkers / 17.02.2019

0000

Tilleke, Christian

00: bielefeld

00: 830

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 3:59:52

00: 10.57 km/h

0000: 5:41 min/km

00000/000: 73 (of 193)

00000/0: 67 (of 161)

000000: 2:49:28

00000: 17(of 27)

0000000: 2:58:14

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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	18:16	5:37	19	6:26	96	6:26	3.25	18:16	5:37	19	6:26	96	6:26
00 2	3.25	17:56	5:31	21	5:29	99	5:29	6.50	36:12	5:34	19	11:55	97	11:55
00 3	3.25	17:46	5:28	19	5:02	89	5:15	9.75	53:58	5:32	19	16:57	94	17:10
00 4	3.25	17:09	5:16	16	4:01	63	4:24	13.00	1:11:07	5:28	19	20:58	87	21:34
00 5	3.25	17:18	5:19	15	3:43	65	4:24	16.25	1:28:25	5:26	19	24:18	83	25:58
00 6	3.25	17:12	5:17	15	3:35	58	17:11	19.50	1:45:37	5:24	18	26:57	74	32:00
00 7	3.25	17:48	5:28	16	3:55	62	4:27	22.75	2:03:25	5:25	17	29:57	70	35:31
00 8	3.25	18:53	5:48	19	4:30	77	18:52	26.00	2:22:18	5:28	18	34:16	73	54:23
00 9	3.25	18:41	5:44	16	4:24	64	5:22	29.25	2:40:59	5:30	17	38:40	70	58:01
00 10	3.25	19:04	5:51	16	5:14	58	5:37	32.50	3:00:03	5:32	18	43:54	68	1:01:12
00 11	3.25	20:32	6:19	21	6:44	86	7:24	35.75	3:20:35	5:36	18	50:38	70	1:04:59
00 12	3.25	19:52	6:06	18	5:26	66	6:39	39.00	3:40:27	5:39	18	56:04	69	1:07:35
000 00	3.25	19:25	5:58	18	5:34	62	6:20	42.25	3:59:52	5:40	17	1:01:38	67	1:10:24