



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Tilleke, Christian

□□: bielefeld

□□: 830

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 3:59:52

□□: 10.51 km/h

□□□□: 5:41 min/km

□□□□□/□□□: 73 (of 193)

□□□□□/□: 67 (of 161)

□□□□□□: 2:49:28

□□□□□: 17(of 27)

□□□□□□□: 2:58:14

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□□ □□	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	