



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Borger, Eric

00: Tria-Team Bruchköbel e.V.

00: 618

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:06:05

00: 10.30 km/h

0000: 5:49 min/km

00000/000: 83 (of 193)

00000/0: 76 (of 161)

000000: 2:49:28

00000: 12(of 28)

0000000: 2:57:49

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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	17:19	5:19	13	5:08	78	5:29	3.25	17:19	5:19	13	5:08	78	5:29
00 2	3.25	16:23	5:02	7	3:51	50	3:56	6.50	33:42	5:11	8	8:59	63	9:25
00 3	3.25	16:20	5:01	7	3:35	46	3:49	9.75	50:02	5:07	8	12:34	60	13:14
00 4	3.25	16:29	5:04	8	3:39	50	3:44	13.00	1:06:31	5:06	7	16:13	53	16:58
00 5	3.25	16:22	5:02	6	3:23	39	3:28	16.25	1:22:53	5:06	7	19:36	50	20:26
00 6	3.25	21:45	6:41	24	21:44	145	21:44	19.50	1:44:38	5:21	11	31:01	70	31:01
00 7	3.25	18:02	5:32	12	4:36	72	4:41	22.75	2:02:40	5:23	11	34:46	68	34:46
00 8	3.25	19:00	5:50	12	18:59	80	18:59	26.00	2:21:40	5:26	11	53:45	69	53:45
00 9	3.25	19:15	5:55	13	5:05	75	5:56	29.25	2:40:55	5:30	11	57:57	69	57:57
00 10	3.25	20:30	6:18	13	6:04	91	7:03	32.50	3:01:25	5:34	12	1:02:34	75	1:02:34
00 11	3.25	21:48	6:42	16	6:45	103	8:40	35.75	3:23:13	5:41	12	1:07:37	76	1:07:37
00 12	3.25	21:24	6:35	13	5:50	92	8:11	39.00	3:44:37	5:45	12	1:11:45	74	1:11:45
000 00	3.25	21:28	6:36	14	6:15	98	8:23	42.25	4:06:05	5:49	12	1:08:16	76	1:16:37