



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Müller, Frank

00: Alpencrosser

00: 746

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:06:12

00: 10.30 km/h

0000: 5:50 min/km

00000/000: 85 (of 193)

00000/0: 78 (of 161)

000000: 2:49:28

00000: 13(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	17:08	5:16	10	4:57	73	5:18	3.25	17:08	5:16	10	4:57	73	5:18
00 2	3.25	17:28	5:22	15	4:56	87	5:01	6.50	34:36	5:19	12	9:53	78	10:19
00 3	3.25	18:19	5:38	16	5:34	102	5:48	9.75	52:55	5:25	13	15:27	84	16:07
00 4	3.25	18:11	5:35	15	5:21	89	5:26	13.00	1:11:06	5:28	14	20:48	86	21:33
00 5	3.25	18:32	5:42	16	5:33	94	5:38	16.25	1:29:38	5:30	15	26:21	89	27:11
00 6	3.25	18:19	5:38	12	18:18	82	18:18	19.50	1:47:57	5:32	15	34:20	88	34:20
00 7	3.25	18:16	5:37	13	4:50	75	4:55	22.75	2:06:13	5:32	14	38:19	84	38:19
00 8	3.25	19:25	5:58	13	19:24	85	19:24	26.00	2:25:38	5:36	13	57:43	84	57:43
00 9	3.25	19:03	5:51	12	4:53	70	5:44	29.25	2:44:41	5:37	13	1:01:43	81	1:01:43
00 10	3.25	19:48	6:05	12	5:22	74	6:21	32.50	3:04:29	5:40	13	1:05:38	79	1:05:38
00 11	3.25	20:23	6:16	13	5:20	84	7:15	35.75	3:24:52	5:43	13	1:09:16	78	1:09:16
00 12	3.25	20:38	6:20	12	5:04	82	7:25	39.00	3:45:30	5:46	13	1:12:38	79	1:12:38
000 00	3.25	20:42	6:22	12	5:29	88	7:37	42.25	4:06:12	5:49	13	1:08:23	78	1:16:44