



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Stier, Reinhard

□□: BELC 89 Frankfurt

□□: 819

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:07:19

□□: 10.25 km/h

□□□□: 5:51 min/km

□□□□□/□□□: 88 (of 193)

□□□□□/□: 81 (of 161)

□□□□□□: 2:49:28

□□□□□: 6(of 20)

□□□□□□□: 3:36:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:31	5:04	3	1:12	61	4:41	3.25	16:31	5:04	3	1:12	61	4:41	
□□ 2	3.25	16:55	5:12	3	0:39	69	4:28	6.50	33:26	5:08	3	1:51	61	9:09	
□□ 3	3.25	17:30	5:23	4	2:07	80	4:59	9.75	50:56	5:13	4	2:57	65	14:08	
□□ 4	3.25	17:35	5:24	3	2:01	72	4:50	13.00	1:08:31	5:16	4	4:58	67	18:58	
□□ 5	3.25	18:31	5:41	6	2:52	91	5:37	16.25	1:27:02	5:21	3	7:50	71	24:35	
□□ 6	3.25	19:04	5:51	8	3:16	98	19:03	19.50	1:46:06	5:26	4	11:06	78	32:29	
□□ 7	3.25	18:49	5:47	3	2:48	86	5:28	22.75	2:04:55	5:29	4	13:54	78	37:01	
□□ 8	3.25	19:37	6:02	6	3:44	91	19:36	26.00	2:24:32	5:33	4	17:38	80	56:37	
□□ 9	3.25	19:56	6:08	7	3:41	87	6:37	29.25	2:44:28	5:37	4	21:19	80	1:01:30	
□□ 10	3.25	21:25	6:35	8	4:26	106	7:58	32.50	3:05:53	5:43	6	25:45	84	1:07:02	
□□ 11	3.25	22:28	6:54	10	4:16	113	9:20	35.75	3:28:21	5:49	6	30:01	85	1:12:45	
□□ 12	3.25	21:19	6:33	7	2:35	91	8:06	39.00	3:49:40	5:53	6	32:36	87	1:16:48	
□□□ □□	3.25	17:39	5:25	1	-	30	4:34	42.25	4:07:19	5:51	6	30:39	81	1:17:51	