



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Mücke, Hans-Jürgen

00: TV Hasperbach

00: 744

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 4:08:57

00: 10.12 km/h

0000: 5:53 min/km

00000/000: 94 (of 193)

00000/0: 84 (of 161)

000000: 2:49:28

00000: 15(of 35)

0000000: 3:16:40

0000

0000

000

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	15:56	4:54	8	1:12	47	4:06	3.25	15:56	4:54	8	1:12	47	4:06
00 2	3.25	16:33	5:05	9	1:57	54	4:06	6.50	32:29	4:59	9	3:00	47	8:12
00 3	3.25	16:48	5:10	9	2:04	57	4:17	9.75	49:17	5:03	9	5:04	50	12:29
00 4	3.25	17:00	5:13	11	2:13	59	4:15	13.00	1:06:17	5:05	8	7:17	51	16:44
00 5	3.25	17:46	5:28	13	3:06	74	4:52	16.25	1:24:03	5:10	9	10:23	56	21:36
00 6	3.25	18:03	5:33	14	3:30	78	18:02	19.50	1:42:06	5:14	11	13:53	59	28:29
00 7	3.25	18:26	5:40	14	3:59	81	5:05	22.75	2:00:32	5:17	12	17:52	63	32:38
00 8	3.25	18:44	5:45	15	4:18	73	18:43	26.00	2:19:16	5:21	12	22:10	63	51:21
00 9	3.25	20:35	6:19	19	5:39	96	7:16	29.25	2:39:51	5:27	12	27:49	65	56:53
00 10	3.25	21:05	6:29	20	5:45	100	7:38	32.50	3:00:56	5:34	14	33:34	73	1:02:05
00 11	3.25	21:18	6:33	19	5:35	91	8:10	35.75	3:22:14	5:39	14	39:02	73	1:06:38
00 12	3.25	22:41	6:58	23	7:18	108	9:28	39.00	3:44:55	5:46	14	45:21	76	1:12:03
000 00	3.25	24:02	7:23	27	8:51	125	10:57	42.25	4:08:57	5:53	15	52:17	84	1:19:29