



13. Kristall-Marathon

Merkers / 17.02.2019

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Stransky, Sebastian

□□: Spiridon Frankfurt

□□: 821

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:09:11

□□: 10.11 km/h

□□□□: 5:54 min/km

□□□□□/□□□: 95 (of 193)

□□□□□/□: 85 (of 161)

□□□□□□: 2:49:28

□□□□□: 15(of 28)

□□□□□□□: 2:57:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:31	5:41	18	6:20	103	6:41	3.25	18:31	5:41	18	6:20	103	6:41
□□ 2	3.25	17:20	5:19	13	4:48	80	4:53	6.50	35:51	5:30	17	11:08	92	11:34
□□ 3	3.25	17:27	5:22	12	4:42	75	4:56	9.75	53:18	5:28	16	15:50	88	16:30
□□ 4	3.25	17:35	5:24	11	4:45	72	4:50	13.00	1:10:53	5:27	13	20:35	85	21:20
□□ 5	3.25	18:19	5:38	15	5:20	89	5:25	16.25	1:29:12	5:29	13	25:55	85	26:45
□□ 6	3.25	18:20	5:38	13	18:19	83	18:19	19.50	1:47:32	5:30	13	33:55	85	33:55
□□ 7	3.25	18:23	5:39	14	4:57	78	5:02	22.75	2:05:55	5:32	12	38:01	81	38:01
□□ 8	3.25	19:44	6:04	17	19:43	96	19:43	26.00	2:25:39	5:36	15	57:44	86	57:44
□□ 9	3.25	20:47	6:23	16	6:37	99	7:28	29.25	2:46:26	5:41	15	1:03:28	86	1:03:28
□□ 10	3.25	21:15	6:32	18	6:49	103	7:48	32.50	3:07:41	5:46	15	1:08:50	86	1:08:50
□□ 11	3.25	21:06	6:29	14	6:03	88	7:58	35.75	3:28:47	5:50	15	1:13:11	86	1:13:11
□□ 12	3.25	21:26	6:35	15	5:52	94	8:13	39.00	3:50:13	5:54	15	1:17:21	88	1:17:21
□□□ □□	3.25	18:58	5:50	7	3:45	48	5:53	42.25	4:09:11	5:53	15	1:11:22	85	1:19:43