



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Schreier-mieth, Enrico

□□: Lauffreunde Dreebit

□□: 799

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:09:44

□□: 10.09 km/h

□□□□: 5:55 min/km

□□□□□/□□□: 97 (of 193)

□□□□□/□: 87 (of 161)

□□□□□□: 2:49:28

□□□□□: 10(of 22)

□□□□□□□: 3:15:14

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:21	5:38	13	4:44	100	6:31	3.25	18:21	5:38	13	4:44	100	6:31	
□□ 2	3.25	18:09	5:35	13	5:01	106	5:42	6.50	36:30	5:36	12	9:45	102	12:13	
□□ 3	3.25	18:19	5:38	13	4:35	102	5:48	9.75	54:49	5:37	13	14:20	103	18:01	
□□ 4	3.25	18:26	5:40	11	4:45	96	5:41	13.00	1:13:15	5:38	12	19:05	100	23:42	
□□ 5	3.25	18:29	5:41	11	4:38	90	5:35	16.25	1:31:44	5:38	12	23:43	99	29:17	
□□ 6	3.25	18:55	5:49	10	5:07	91	18:54	19.50	1:50:39	5:40	11	28:50	98	37:02	
□□ 7	3.25	19:05	5:52	10	5:03	92	5:44	22.75	2:09:44	5:42	10	33:53	95	41:50	
□□ 8	3.25	19:38	6:02	10	4:58	92	19:37	26.00	2:29:22	5:44	10	38:51	95	1:01:27	
□□ 9	3.25	19:26	5:58	9	4:19	80	6:07	29.25	2:48:48	5:46	10	43:10	92	1:05:50	
□□ 10	3.25	19:56	6:08	9	4:31	78	6:29	32.50	3:08:44	5:48	10	46:52	89	1:09:53	
□□ 11	3.25	20:16	6:14	10	4:33	82	7:08	35.75	3:29:00	5:50	10	50:08	87	1:13:24	
□□ 12	3.25	19:58	6:08	9	4:01	68	6:45	39.00	3:48:58	5:52	11	52:34	86	1:16:06	
□□□ □□	3.25	20:46	6:23	10	4:57	89	7:41	42.25	4:09:44	5:54	10	54:30	87	1:20:16	