



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Müller, Paul

□□: VfL Tegel

□□: 747

□□: 42.25 km

Marathon

□□□□:

Senioren M65 (65-69 Jahre)

□□□: 4:09:42

□□: 10.15 km/h

□□□□: 5:55 min/km

□□□□□/□□□: 96 (of 193)

□□□□□/□: 86 (of 161)

□□□□□□: 2:49:28

□□□□□: 2 (of 2)

□□□□□□□: 3:47:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:03	5:33	2	1:52	90	6:13	3.25	18:03	5:33	2	1:52	90	6:13	
□□ 2	3.25	17:51	5:29	2	1:48	95	5:24	6.50	35:54	5:31	2	3:40	95	11:37	
□□ 3	3.25	17:36	5:24	2	1:26	84	5:05	9.75	53:30	5:29	2	5:06	89	16:42	
□□ 4	3.25	17:19	5:19	2	0:51	69	4:34	13.00	1:10:49	5:26	2	5:57	84	21:16	
□□ 5	3.25	17:31	5:23	2	0:43	70	4:37	16.25	1:28:20	5:26	2	6:40	81	25:53	
□□ 6	3.25	17:49	5:28	2	0:59	71	17:48	19.50	1:46:09	5:26	2	7:39	79	32:32	
□□ 7	3.25	17:53	5:30	2	0:51	65	4:32	22.75	2:04:02	5:27	2	8:30	75	36:08	
□□ 8	3.25	18:12	5:35	2	0:43	61	18:11	26.00	2:22:14	5:28	2	9:13	72	54:19	
□□ 9	3.25	19:03	5:51	2	0:26	70	5:44	29.25	2:41:17	5:30	2	9:39	71	58:19	
□□ 10	3.25	19:59	6:08	2	1:42	79	6:32	32.50	3:01:16	5:34	2	11:21	74	1:02:25	
□□ 11	3.25	21:31	6:37	2	2:03	97	8:23	35.75	3:22:47	5:40	2	13:24	74	1:07:11	
□□ 12	3.25	22:46	7:00	2	3:11	111	9:33	39.00	3:45:33	5:46	2	16:35	80	1:12:41	
□□□ □□	3.25	24:09	7:25	2	5:29	128	11:04	42.25	4:09:42	5:54	2	22:04	86	1:20:14	