



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Dettloff, Patrick

00: Laufen rund um Münster

00: 629

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:10:01

00: 10.08 km/h

0000: 5:55 min/km

00000/000: 98 (of 193)

00000/0: 88 (of 161)

000000: 2:49:28

00000: 20(of 27)

0000000: 2:58:14

0000

0000

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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	20:16	6:14	26	8:26	140	8:26	3.25	20:16	6:14	26	8:26	140	8:26
00 2	3.25	19:17	5:56	26	6:50	132	6:50	6.50	39:33	6:05	26	15:16	134	15:16
00 3	3.25	19:34	6:01	25	6:50	132	7:03	9.75	59:07	6:03	26	22:06	132	22:19
00 4	3.25	19:30	6:00	25	6:22	125	6:45	13.00	1:18:37	6:02	26	28:28	131	29:04
00 5	3.25	18:31	5:41	21	4:56	91	5:37	16.25	1:37:08	5:58	25	33:01	125	34:41
00 6	3.25	19:31	6:00	24	5:54	109	19:30	19.50	1:56:39	5:58	24	37:59	124	43:02
00 7	3.25	18:27	5:40	22	4:34	83	5:06	22.75	2:15:06	5:56	22	41:38	114	47:12
00 8	3.25	18:48	5:47	18	4:25	76	18:47	26.00	2:33:54	5:55	22	45:52	107	1:05:59
00 9	3.25	19:08	5:53	18	4:51	73	5:49	29.25	2:53:02	5:54	22	50:43	104	1:10:04
00 10	3.25	19:25	5:58	18	5:35	66	5:58	32.50	3:12:27	5:55	22	56:18	97	1:13:36
00 11	3.25	19:55	6:07	19	6:07	71	6:47	35.75	3:32:22	5:56	21	1:02:25	95	1:16:46
00 12	3.25	18:28	5:40	13	4:02	36	5:15	39.00	3:50:50	5:55	20	1:06:27	89	1:17:58
000 00	3.25	19:11	5:54	16	5:20	55	6:06	42.25	4:10:01	5:55	20	1:11:47	88	1:20:33