



13. Kristall-Marathon

Merkers / 17.02.2019

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Marszalek, Markus

□□: SuS Oberaden

□□: 732

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:11:32

□□: 10.02 km/h

□□□□: 5:57 min/km

□□□□□/□□□: 99 (of 193)

□□□□□/□: 89 (of 161)

□□□□□□: 2:49:28

□□□□□: 16(of 35)

□□□□□□□: 3:16:40

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:00	5:13	14	2:16	69	5:10	3.25	17:00	5:13	14	2:16	69	5:10	
□□ 2	3.25	16:49	5:10	13	2:13	63	4:22	6.50	33:49	5:12	13	4:20	67	9:32	
□□ 3	3.25	17:23	5:20	15	2:39	71	4:52	9.75	51:12	5:15	13	6:59	67	14:24	
□□ 4	3.25	17:37	5:25	15	2:50	77	4:52	13.00	1:08:49	5:17	14	9:49	69	19:16	
□□ 5	3.25	18:32	5:42	19	3:52	94	5:38	16.25	1:27:21	5:22	14	13:41	75	24:54	
□□ 6	3.25	19:03	5:51	21	4:30	97	19:02	19.50	1:46:24	5:27	16	18:11	81	32:47	
□□ 7	3.25	21:51	6:43	29	7:24	135	8:30	22.75	2:08:15	5:38	19	25:35	94	40:21	
□□ 8	3.25	20:30	6:18	23	6:04	106	20:29	26.00	2:28:45	5:43	18	31:39	93	1:00:50	
□□ 9	3.25	23:08	7:07	30	8:12	140	9:49	29.25	2:51:53	5:52	21	39:51	100	1:08:55	
□□ 10	3.25	20:46	6:23	19	5:26	94	7:19	32.50	3:12:39	5:55	20	45:17	99	1:13:48	
□□ 11	3.25	19:09	5:53	12	3:26	52	6:01	35.75	3:31:48	5:55	18	48:36	93	1:16:12	
□□ 12	3.25	20:17	6:14	16	4:54	75	7:04	39.00	3:52:05	5:57	17	52:31	92	1:19:13	
□□□ □□	3.25	19:27	5:59	12	4:16	64	6:22	42.25	4:11:32	5:57	16	54:52	89	1:22:04	