



13. Kristall-Marathon

Merkers / 17.02.2019

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Meier, Kurt

□□: Swiss Masters Running

□□: 736

□□: 42.25 km

Marathon

□□□□:

Senioren M70 (70-74 Jahre)

□□□: 4:21:35

□□: 9.69 km/h

□□□□: 6:11 min/km

□□□□□/□□□□: 115 (of 193)

□□□□□/□: 102 (of 161)

□□□□□□: 2:49:28

□□□□□: 1(of 1)

□□□□□□□: 4:21:35

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	3.25	18:14	5:36	1	-	95	6:24	3.25	18:14	5:36	1	-	95	6:24
□□ 2	3.25	17:35	5:24	1	-	88	5:08	6.50	35:49	5:30	1	-	91	11:32
□□ 3	3.25	17:49	5:28	1	-	90	5:18	9.75	53:38	5:30	1	-	90	16:50
□□ 4	3.25	18:31	5:41	1	-	98	5:46	13.00	1:12:09	5:33	1	-	92	22:36
□□ 5	3.25	19:52	6:06	1	-	126	6:58	16.25	1:32:01	5:39	1	-	102	29:34
□□ 6	3.25	19:33	6:00	1	-	111	19:32	19.50	1:51:34	5:43	1	-	102	37:57
□□ 7	3.25	20:43	6:22	1	-	117	7:22	22.75	2:12:17	5:48	1	-	103	44:23
□□ 8	3.25	19:55	6:07	1	-	98	19:54	26.00	2:32:12	5:51	1	-	101	1:04:17
□□ 9	3.25	21:35	6:38	1	-	111	8:16	29.25	2:53:47	5:56	1	-	106	1:10:49
□□ 10	3.25	21:48	6:42	1	-	111	8:21	32.50	3:15:35	6:01	1	-	105	1:16:44
□□ 11	3.25	22:03	6:47	1	-	107	8:55	35.75	3:37:38	6:05	1	-	104	1:22:02
□□ 12	3.25	22:26	6:54	1	-	104	9:13	39.00	4:00:04	6:09	1	-	103	1:27:12
□□□ □□	3.25	21:31	6:37	1	-	100	8:26	42.25	4:21:35	6:11	1	-	102	1:32:07