



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Hoffmann, Carsten

00: Laufen rund um Münster / TEA

00: 683

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:38:13

00: 9.11 km/h

0000: 6:35 min/km

00000/000: 151 (of 193)

00000/0: 130 (of 161)

000000: 2:49:28

00000: 17(of 22)

0000000: 3:15:14

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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	20	6:39	140	8:26	3.25	20:16	6:14	20	6:39	140	8:26
00 2	3.25	19:12	5:54	18	6:04	129	6:45	6.50	39:28	6:04	20	12:43	132	15:11
00 3	3.25	22:24	6:53	22	8:40	157	9:53	9.75	1:01:52	6:20	22	21:23	149	25:04
00 4	3.25	19:45	6:04	16	6:04	129	7:00	13.00	1:21:37	6:16	20	27:27	145	32:04
00 5	3.25	20:36	6:20	19	6:45	139	7:42	16.25	1:42:13	6:17	20	34:12	144	39:46
00 6	3.25	21:35	6:38	20	7:47	143	21:34	19.50	2:03:48	6:20	20	41:59	143	50:11
00 7	3.25	24:34	7:33	21	10:32	156	11:13	22.75	2:28:22	6:31	20	52:31	147	1:00:28
00 8	3.25	22:49	7:01	19	8:09	141	22:48	26.00	2:51:11	6:35	20	1:00:40	145	1:23:16
00 9	3.25	21:19	6:33	13	6:12	110	8:00	29.25	3:12:30	6:34	20	1:06:52	142	1:29:32
00 10	3.25	19:53	6:07	8	4:28	76	6:26	32.50	3:32:23	6:32	19	1:10:31	141	1:33:32
00 11	3.25	19:31	6:00	5	3:48	60	6:23	35.75	3:51:54	6:29	18	1:13:02	132	1:36:18
00 12	3.25	20:56	6:26	11	4:59	86	7:43	39.00	4:12:50	6:28	17	1:16:26	128	1:39:58
000 00	3.25	25:23	7:48	19	9:34	137	12:18	42.25	4:38:13	6:35	17	1:22:59	130	1:48:45