



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Weber, Heiko

00: TuS 45/53 Heessen

00: 838

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:48:28

00: 8.79 km/h

0000: 6:50 min/km

00000/000: 164 (of 193)

00000/0: 139 (of 161)

000000: 2:49:28

00000: 24(of 28)

0000000: 2:57:49

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	19:02	5:51	22	6:51	118	7:12	3.25	19:02	5:51	22	6:51	118	7:12
00 2	3.25	19:35	6:01	25	7:03	135	7:08	6.50	38:37	5:56	25	13:54	124	14:20
00 3	3.25	20:00	6:09	25	7:15	137	7:29	9.75	58:37	6:00	25	21:09	130	21:49
00 4	3.25	21:30	6:36	26	8:40	150	8:45	13.00	1:20:07	6:09	24	29:49	134	30:34
00 5	3.25	21:00	6:27	24	8:01	144	8:06	16.25	1:41:07	6:13	25	37:50	142	38:40
00 6	3.25	23:57	7:22	28	23:56	159	23:56	19.50	2:05:04	6:24	26	51:27	145	51:27
00 7	3.25	23:17	7:09	26	9:51	150	9:56	22.75	2:28:21	6:31	26	1:00:27	146	1:00:27
00 8	3.25	27:26	8:26	28	27:25	159	27:25	26.00	2:55:47	6:45	27	1:27:52	152	1:27:52
00 9	3.25	23:46	7:18	25	9:36	150	10:27	29.25	3:19:33	6:49	27	1:36:35	151	1:36:35
00 10	3.25	20:39	6:21	14	6:13	92	7:12	32.50	3:40:12	6:46	26	1:41:21	146	1:41:21
00 11	3.25	21:27	6:35	15	6:24	95	8:19	35.75	4:01:39	6:45	25	1:46:03	143	1:46:03
00 12	3.25	23:46	7:18	19	8:12	124	10:33	39.00	4:25:25	6:48	25	1:52:33	142	1:52:33
000 00	3.25	23:03	7:05	17	7:50	116	9:58	42.25	4:48:28	6:49	24	1:50:39	139	1:59:00