



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Böse, Thomas

00: One Man Show

00: 619

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:58:32

00: 8.44 km/h

0000: 7:04 min/km

00000/000: 179 (of 193)

00000/0: 150 (of 161)

000000: 2:49:28

00000: 27(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	18:04	5:33	17	5:53	91	6:14	3.25	18:04	5:33	17	5:53	91	6:14
00 2	3.25	18:37	5:43	20	6:05	113	6:10	6.50	36:41	5:38	19	11:58	104	12:24
00 3	3.25	19:22	5:57	22	6:37	126	6:51	9.75	56:03	5:44	19	18:35	111	19:15
00 4	3.25	19:51	6:06	23	7:01	132	7:06	13.00	1:15:54	5:50	20	25:36	114	26:21
00 5	3.25	21:48	6:42	27	8:49	149	8:54	16.25	1:37:42	6:00	23	34:25	128	35:15
00 6	3.25	22:56	7:03	26	22:55	155	22:55	19.50	2:00:38	6:11	23	47:01	131	47:01
00 7	3.25	24:47	7:37	27	11:21	157	11:26	22.75	2:25:25	6:23	24	57:31	140	57:31
00 8	3.25	24:39	7:35	26	24:38	153	24:38	26.00	2:50:04	6:32	25	1:22:09	143	1:22:09
00 9	3.25	25:41	7:54	27	11:31	154	12:22	29.25	3:15:45	6:41	26	1:32:47	147	1:32:47
00 10	3.25	26:44	8:13	27	12:18	155	13:17	32.50	3:42:29	6:50	27	1:43:38	151	1:43:38
00 11	3.25	26:46	8:14	27	11:43	155	13:38	35.75	4:09:15	6:58	27	1:53:39	152	1:53:39
00 12	3.25	26:14	8:04	26	10:40	147	13:01	39.00	4:35:29	7:03	27	2:02:37	151	2:02:37
000 00	3.25	23:03	7:05	17	7:50	116	9:58	42.25	4:58:32	7:03	27	2:00:43	150	2:09:04