



13. Kristall-Marathon

Merkers / 17.02.2019

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Raithel, Gerhard

□□: LT Weisenheim am Berg

□□: 767

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 5:07:00

□□: 8.21 km/h

□□□□: 7:16 min/km

□□□□□/□□□□: 185 (of 193)

□□□□□/□: 154 (of 161)

□□□□□□: 2:49:28

□□□□□: 19(of 20)

□□□□□□□: 3:36:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	23:34	7:15	20	8:15	161	11:44	3.25	23:34	7:15	20	8:15	161	11:44	
□□ 2	3.25	23:22	7:11	20	7:06	160	10:55	6.50	46:56	7:13	20	15:21	160	22:39	
□□ 3	3.25	23:21	7:11	19	7:58	159	10:50	9.75	1:10:17	7:12	20	22:18	160	33:29	
□□ 4	3.25	23:08	7:07	20	7:34	159	10:23	13.00	1:33:25	7:11	20	29:52	160	43:52	
□□ 5	3.25	24:46	7:37	20	9:07	160	11:52	16.25	1:58:11	7:16	20	38:59	160	55:44	
□□ 6	3.25	20:40	6:21	15	4:52	133	20:39	19.50	2:18:51	7:07	20	43:51	160	1:05:14	
□□ 7	3.25	22:03	6:47	15	6:02	140	8:42	22.75	2:40:54	7:04	20	49:53	159	1:13:00	
□□ 8	3.25	22:46	7:00	16	6:53	140	22:45	26.00	3:03:40	7:03	20	56:46	158	1:35:45	
□□ 9	3.25	23:14	7:08	18	6:59	144	9:55	29.25	3:26:54	7:04	19	1:03:45	155	1:43:56	
□□ 10	3.25	24:43	7:36	18	7:44	146	11:16	32.50	3:51:37	7:07	19	1:11:29	155	1:52:46	
□□ 11	3.25	24:29	7:31	15	6:17	132	11:21	35.75	4:16:06	7:09	19	1:17:46	155	2:00:30	
□□ 12	3.25	25:36	7:52	16	6:52	138	12:23	39.00	4:41:42	7:13	19	1:24:38	154	2:08:50	
□□□ □□	3.25	25:18	7:47	18	7:39	136	12:13	42.25	5:07:00	7:15	19	1:30:20	154	2:17:32	