



# 14. Kristall-Marathon

Merkers / 16.02.2020

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Winkler, Heiko

00: Poeler SV 1923e.V.

00: 550

00: 22.75 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 1:52:43

00: 11.71 km/h

0000: 4:57 min/km

00000/000: 37 (of 244)

00000/0: 31 (of 177)

000000: 1:31:43

00000: 8(of 34)

0000000: 1:38:53

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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	17:16	5:18	14	3:59	76	5:18	3.25	17:16	5:18	14	3:59	76	5:18
00 2	3.25	15:55	4:53	12	1:59	46	3:20	6.50	33:11	5:06	13	5:58	57	8:38
00 3	3.25	15:13	4:40	5	1:12	22	2:29	9.75	48:24	4:57	11	6:50	45	10:39
00 4	3.25	15:27	4:45	7	1:14	21	2:14	13.00	1:03:51	4:54	7	8:02	35	12:40
00 5	3.25	15:55	4:53	6	1:48	23	2:39	16.25	1:19:46	4:54	8	9:29	34	14:49
00 6	3.25	16:52	5:11	7	3:02	32	3:31	19.50	1:36:38	4:57	8	11:54	34	17:56
000 00	3.25	16:05	4:56	6	2:11	21	3:17	22.75	1:52:43	4:57	8	13:50	31	21:00