



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

**Seibel, Christoph**

00: TV Maikammer

00: 507

00: 22.75 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 1:55:22

00: 11.83 km/h

0000: 5:04 min/km

00000/000: 45 (of 244)

00000/0: 38 (of 177)

000000: 1:31:43

00000: 9(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	15:59	4:55	10	2:42	45	4:01	3.25	15:59	4:55	10	2:42	45	4:01
00 2	3.25	15:50	4:52	9	1:54	42	3:15	6.50	31:49	4:53	10	4:36	42	7:16
00 3	3.25	16:06	4:57	10	2:05	39	3:22	9.75	47:55	4:54	9	6:21	41	10:10
00 4	3.25	16:30	5:04	9	2:17	35	3:17	13.00	1:04:25	4:57	9	8:36	39	13:14
00 5	3.25	16:50	5:10	10	2:43	38	3:34	16.25	1:21:15	5:00	9	10:58	39	16:18
00 6	3.25	17:15	5:18	8	3:25	37	3:54	19.50	1:38:30	5:03	9	13:46	38	19:48
000 00	3.25	16:52	5:11	10	2:58	38	4:04	22.75	1:55:22	5:04	9	16:29	38	23:39