



# 14. Kristall-Marathon

Merkers / 16.02.2020

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Sperlich, Jens

00: LG Rudelsburg Bad Kösen

00: 797

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:06:58

00: 13.56 km/h

0000: 4:26 min/km

00000/000: 4 (of 185)

00000/0: 4 (of 161)

000000: 2:53:52

00000: 1(of 25)

0000000: 3:06:58

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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	12:04	3:42	1	-	5	0:17	3.25	12:04	3:42	1	-	5	0:17
00 2	3.25	12:43	3:54	1	-	4	12:42	6.50	24:47	3:48	1	-	6	7:32
00 3	3.25	13:00	4:00	1	-	4	0:10	9.75	37:47	3:52	1	-	5	4:23
00 4	3.25	13:06	4:01	1	-	2	0:08	13.00	50:53	3:54	1	-	5	1:14
00 5	3.25	13:26	4:08	1	-	2	0:14	16.25	1:04:19	3:57	1	-	4	0:44
00 6	3.25	13:37	4:11	1	-	3	0:19	19.50	1:17:56	3:59	1	-	4	1:03
00 7	3.25	13:59	4:18	1	-	5	0:37	22.75	1:31:55	4:02	1	-	4	1:27
00 8	3.25	14:29	4:27	2	14:28	5	14:28	26.00	1:46:24	4:05	1	-	5	2:11
00 9	3.25	14:52	4:34	1	-	6	0:53	29.25	2:01:16	4:08	1	-	5	3:04
00 10	3.25	16:10	4:58	2	0:26	8	2:14	32.50	2:17:26	4:13	1	-	4	5:08
00 11	3.25	16:53	5:11	2	0:55	12	16:52	35.75	2:34:19	4:18	1	-	4	8:00
00 12	3.25	16:44	5:08	3	0:25	10	2:54	39.00	2:51:03	4:23	1	-	4	10:42
000 00	3.25	15:55	4:53	1	-	6	2:53	42.25	3:06:58	4:25	1	-	4	13:06