



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

**Pommer, Mario**

00: Meddys LWT Koblenz

00: 754

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:18:36

00: 12.69 km/h

0000: 4:42 min/km

00000/000: 9 (of 185)

00000/0: 9 (of 161)

000000: 2:53:52

00000: 2(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	13:57	4:17	4	1:53	13	2:10	3.25	13:57	4:17	4	1:53	13	2:10
00 2	3.25	15:14	4:41	5	2:31	20	15:13	6.50	29:11	4:29	4	4:24	18	11:56
00 3	3.25	14:49	4:33	3	1:49	14	1:59	9.75	44:00	4:30	4	6:13	17	10:36
00 4	3.25	14:55	4:35	3	1:49	15	1:57	13.00	58:55	4:31	4	8:02	17	9:16
00 5	3.25	14:55	4:35	2	1:29	12	1:43	16.25	1:13:50	4:32	4	9:31	16	10:15
00 6	3.25	14:58	4:36	2	1:21	10	1:40	19.50	1:28:48	4:33	3	10:52	15	11:55
00 7	3.25	15:05	4:38	2	1:06	9	1:43	22.75	1:43:53	4:33	2	11:58	13	13:25
00 8	3.25	15:07	4:39	3	15:06	10	15:06	26.00	1:59:00	4:34	3	12:36	14	14:47
00 9	3.25	15:16	4:41	2	0:24	8	1:17	29.25	2:14:16	4:35	3	13:00	11	16:04
00 10	3.25	15:44	4:50	1	-	6	1:48	32.50	2:30:00	4:36	2	12:34	9	17:42
00 11	3.25	15:58	4:54	1	-	6	15:57	35.75	2:45:58	4:38	2	11:39	9	19:39
00 12	3.25	16:19	5:01	1	-	6	2:29	39.00	3:02:17	4:40	2	11:14	9	21:56
000 00	3.25	16:19	5:01	3	0:24	11	3:17	42.25	3:18:36	4:42	2	11:38	9	24:44