



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

**Seiser, Martin**

00: Crazy Runners Team Frankenwald

00: 796

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:25:47

00: 12.32 km/h

0000: 4:52 min/km

00000/000: 12 (of 185)

00000/0: 12 (of 161)

000000: 2:53:52

00000: 3(of 40)

0000000: 3:16:10

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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	15:21	4:43	6	2:31	26	3:34	3.25	15:21	4:43	6	2:31	26	3:34
00 2	3.25	15:33	4:47	5	2:06	24	15:32	6.50	30:54	4:45	6	4:37	25	13:39
00 3	3.25	15:29	4:45	3	1:42	19	2:39	9.75	46:23	4:45	5	6:19	23	12:59
00 4	3.25	15:43	4:50	4	1:34	20	2:45	13.00	1:02:06	4:46	4	7:53	20	12:27
00 5	3.25	15:37	4:48	4	1:22	19	2:25	16.25	1:17:43	4:46	4	9:15	21	14:08
00 6	3.25	15:28	4:45	3	0:56	15	2:10	19.50	1:33:11	4:46	4	10:11	20	16:18
00 7	3.25	15:53	4:53	3	1:05	13	2:31	22.75	1:49:04	4:47	4	11:16	20	18:36
00 8	3.25	15:22	4:43	3	0:31	13	15:21	26.00	2:04:26	4:47	3	11:29	21	20:13
00 9	3.25	16:06	4:57	3	0:27	11	2:07	29.25	2:20:32	4:48	3	11:56	19	22:20
00 10	3.25	16:28	5:03	3	0:29	10	2:32	32.50	2:37:00	4:49	3	12:25	17	24:42
00 11	3.25	16:13	4:59	1	-	8	16:12	35.75	2:53:13	4:50	3	11:57	15	26:54
00 12	3.25	16:15	5:00	1	-	5	2:25	39.00	3:09:28	4:51	3	10:46	13	29:07
000 00	3.25	16:19	5:01	2	0:06	11	3:17	42.25	3:25:47	4:52	3	9:37	12	31:55