



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Kamprath, Thomas

00: Crazy Runners Team Frankenwald

00: 695

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:29:33

00: 12.10 km/h

0000: 4:58 min/km

00000/000: 14 (of 185)

00000/0: 14 (of 161)

000000: 2:53:52

00000: 4(of 25)

0000000: 3:06:58

0000

0000

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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	7	3:17	26	3:34	3.25	15:21	4:43	7	3:17	26	3:34
00 2	3.25	15:33	4:47	8	2:50	24	15:32	6.50	30:54	4:45	7	6:07	25	13:39
00 3	3.25	15:29	4:45	5	2:29	19	2:39	9.75	46:23	4:45	7	8:36	23	12:59
00 4	3.25	15:43	4:50	5	2:37	20	2:45	13.00	1:02:06	4:46	5	11:13	20	12:27
00 5	3.25	15:36	4:47	5	2:10	18	2:24	16.25	1:17:42	4:46	5	13:23	20	14:07
00 6	3.25	15:29	4:45	4	1:52	16	2:11	19.50	1:33:11	4:46	5	15:15	20	16:18
00 7	3.25	15:53	4:53	3	1:54	13	2:31	22.75	1:49:04	4:47	5	17:09	20	18:36
00 8	3.25	15:21	4:43	4	15:20	12	15:20	26.00	2:04:25	4:47	6	18:01	20	20:12
00 9	3.25	16:07	4:57	3	1:15	12	2:08	29.25	2:20:32	4:48	6	19:16	19	22:20
00 10	3.25	16:28	5:03	3	0:44	10	2:32	32.50	2:37:00	4:49	5	19:34	17	24:42
00 11	3.25	17:08	5:16	4	1:10	15	17:07	35.75	2:54:08	4:52	5	19:49	18	27:49
00 12	3.25	17:28	5:22	4	1:09	17	3:38	39.00	3:11:36	4:54	4	20:33	15	31:15
000 00	3.25	17:57	5:31	7	2:02	32	4:55	42.25	3:29:33	4:57	4	22:35	14	35:41