



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Zitzenbacher, Fredl

00: SCHWARZACH TRAIL Raceteam by Salomon

00: 845

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:39:14

00: 11.56 km/h

0000: 5:11 min/km

00000/000: 26 (of 185)

00000/0: 25 (of 161)

000000: 2:53:52

00000: 5(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	15:22	4:43	7	2:32	28	3:35	3.25	15:22	4:43	7	2:32	28	3:35
00 2	3.25	16:22	5:02	7	2:55	42	16:21	6.50	31:44	4:52	7	5:27	32	14:29
00 3	3.25	16:40	5:07	9	2:53	48	3:50	9.75	48:24	4:57	8	8:20	37	15:00
00 4	3.25	16:50	5:10	7	2:41	40	3:52	13.00	1:05:14	5:01	8	11:01	37	15:35
00 5	3.25	16:49	5:10	7	2:34	41	3:37	16.25	1:22:03	5:02	6	13:35	34	18:28
00 6	3.25	16:56	5:12	7	2:24	37	3:38	19.50	1:38:59	5:04	6	15:59	35	22:06
00 7	3.25	17:04	5:15	6	2:16	32	3:42	22.75	1:56:03	5:06	6	18:15	34	25:35
00 8	3.25	17:11	5:17	7	2:20	33	17:10	26.00	2:13:14	5:07	6	20:17	35	29:01
00 9	3.25	17:02	5:14	6	1:23	20	3:03	29.25	2:30:16	5:08	6	21:40	32	32:04
00 10	3.25	17:07	5:15	6	1:08	17	3:11	32.50	2:47:23	5:09	5	22:48	31	35:05
00 11	3.25	17:37	5:25	5	1:24	20	17:36	35.75	3:05:00	5:10	5	23:44	31	38:41
00 12	3.25	17:35	5:24	5	1:20	20	3:45	39.00	3:22:35	5:11	5	23:53	28	42:14
000 00	3.25	16:39	5:07	3	0:26	14	3:37	42.25	3:39:14	5:11	5	23:04	25	45:22