



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Schwuchow, Manuel

00: Erdinger Alkoholfrei

00: 795

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:44:25

00: 11.30 km/h

0000: 5:19 min/km

00000/000: 33 (of 185)

00000/0: 30 (of 161)

000000: 2:53:52

00000: 8(of 24)

0000000: 3:10:07

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	17:20	5:19	12	5:25	61	5:33	3.25	17:20	5:19	12	5:25	61	5:33
00 2	3.25	16:14	4:59	9	3:43	39	16:13	6.50	33:34	5:09	9	9:08	51	16:19
00 3	3.25	16:22	5:02	8	3:28	36	3:32	9.75	49:56	5:07	9	12:36	46	16:32
00 4	3.25	16:38	5:07	8	3:20	37	3:40	13.00	1:06:34	5:07	9	15:56	45	16:55
00 5	3.25	16:45	5:09	10	3:19	37	3:33	16.25	1:23:19	5:07	9	19:15	45	19:44
00 6	3.25	17:14	5:18	11	3:25	44	3:56	19.50	1:40:33	5:09	9	22:40	45	23:40
00 7	3.25	17:08	5:16	10	3:14	39	3:46	22.75	1:57:41	5:10	9	25:54	43	27:13
00 8	3.25	17:06	5:15	9	2:37	30	17:05	26.00	2:14:47	5:11	9	28:31	41	30:34
00 9	3.25	17:15	5:18	7	2:32	26	3:16	29.25	2:32:02	5:11	9	30:59	40	33:50
00 10	3.25	17:42	5:26	7	2:37	25	3:46	32.50	2:49:44	5:13	9	31:44	36	37:26
00 11	3.25	18:50	5:47	10	18:49	41	18:49	35.75	3:08:34	5:16	9	31:53	35	42:15
00 12	3.25	18:17	5:37	6	3:32	26	4:27	39.00	3:26:51	5:18	9	31:55	34	46:30
000 00	3.25	17:34	5:24	7	3:15	27	4:32	42.25	3:44:25	5:18	8	34:18	30	50:33