



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Müller, Frank

00: Alpengrosser

00: 737

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:46:12

00: 11.14 km/h

0000: 5:21 min/km

00000/0000: 39 (of 185)

00000/0: 36 (of 161)

000000: 2:53:52

00000: 10(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	17:10	5:16	10	5:15	56	5:23	3.25	17:10	5:16	10	5:15	56	5:23
00 2	3.25	16:34	5:05	10	4:03	48	16:33	6.50	33:44	5:11	10	9:18	52	16:29
00 3	3.25	17:13	5:17	10	4:19	55	4:23	9.75	50:57	5:13	10	13:37	55	17:33
00 4	3.25	16:50	5:10	10	3:32	40	3:52	13.00	1:07:47	5:12	10	17:09	52	18:08
00 5	3.25	16:43	5:08	9	3:17	35	3:31	16.25	1:24:30	5:12	10	20:26	50	20:55
00 6	3.25	16:49	5:10	8	3:00	31	3:31	19.50	1:41:19	5:11	10	23:26	49	24:26
00 7	3.25	17:07	5:15	9	3:13	38	3:45	22.75	1:58:26	5:12	10	26:39	46	27:58
00 8	3.25	17:12	5:17	10	2:43	34	17:11	26.00	2:15:38	5:13	10	29:22	44	31:25
00 9	3.25	17:44	5:27	11	3:01	36	3:45	29.25	2:33:22	5:14	10	32:19	42	35:10
00 10	3.25	18:05	5:33	11	3:00	35	4:09	32.50	2:51:27	5:16	10	33:27	41	39:09
00 11	3.25	18:22	5:39	7	18:21	32	18:21	35.75	3:09:49	5:18	10	33:08	40	43:30
00 12	3.25	18:25	5:40	7	3:40	29	4:35	39.00	3:28:14	5:20	10	33:18	38	47:53
000 00	3.25	17:58	5:31	9	3:39	33	4:56	42.25	3:46:12	5:21	10	36:05	36	52:20