



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Pirngruber, Richard

00: TRI+RUN Autohaus Mayr Schwarzach

00: 750

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 3:52:55

00: 10.82 km/h

0000: 5:31 min/km

00000/000: 50 (of 185)

00000/0: 47 (of 161)

000000: 2:53:52

00000: 5(of 30)

0000000: 3:39:08

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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	15:23	4:44	2	1:38	29	3:36	3.25	15:23	4:44	2	1:38	29	3:36
00 2	3.25	16:21	5:01	3	2:17	41	16:20	6.50	31:44	4:52	2	3:55	32	14:29
00 3	3.25	16:40	5:07	4	2:11	48	3:50	9.75	48:24	4:57	2	6:06	37	15:00
00 4	3.25	16:50	5:10	3	1:59	40	3:52	13.00	1:05:14	5:01	3	8:05	37	15:35
00 5	3.25	16:49	5:10	4	1:23	41	3:37	16.25	1:22:03	5:02	3	9:28	34	18:28
00 6	3.25	16:56	5:12	4	0:46	37	3:38	19.50	1:38:59	5:04	4	10:14	35	22:06
00 7	3.25	17:05	5:15	3	0:41	35	3:43	22.75	1:56:04	5:06	3	10:55	35	25:36
00 8	3.25	17:25	5:21	3	0:28	37	17:24	26.00	2:13:29	5:08	4	10:55	36	29:16
00 9	3.25	18:30	5:41	6	1:27	52	4:31	29.25	2:31:59	5:11	4	11:29	39	33:47
00 10	3.25	19:14	5:55	6	2:05	54	5:18	32.50	2:51:13	5:16	4	11:14	40	38:55
00 11	3.25	19:49	6:05	7	2:23	55	19:48	35.75	3:11:02	5:20	5	10:27	43	44:43
00 12	3.25	20:14	6:13	8	3:01	58	6:24	39.00	3:31:16	5:25	5	9:43	45	50:55
000 00	3.25	21:39	6:39	14	4:24	84	8:37	42.25	3:52:55	5:30	5	13:47	47	59:03