



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Schaab, Dieter

00: Lokomotive Auxburg

00: 774

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:56:38

00: 10.71 km/h

0000: 5:36 min/km

00000/000: 54 (of 185)

00000/0: 51 (of 161)

000000: 2:53:52

00000: 11(of 25)

0000000: 3:06:58

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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	15:26	4:44	8	3:22	31	3:39	3.25	15:26	4:44	8	3:22	31	3:39
00 2	3.25	15:47	4:51	9	3:04	30	15:46	6.50	31:13	4:48	9	6:26	30	13:58
00 3	3.25	16:04	4:56	8	3:04	29	3:14	9.75	47:17	4:50	9	9:30	29	13:53
00 4	3.25	16:05	4:56	6	2:59	23	3:07	13.00	1:03:22	4:52	8	12:29	27	13:43
00 5	3.25	16:37	5:06	7	3:11	32	3:25	16.25	1:19:59	4:55	7	15:40	27	16:24
00 6	3.25	17:07	5:15	8	3:30	43	3:49	19.50	1:37:06	4:58	7	19:10	29	20:13
00 7	3.25	17:19	5:19	8	3:20	46	3:57	22.75	1:54:25	5:01	7	22:30	29	23:57
00 8	3.25	17:35	5:24	8	17:34	43	17:34	26.00	2:12:00	5:04	8	25:36	31	27:47
00 9	3.25	19:24	5:58	13	4:32	66	5:25	29.25	2:31:24	5:10	8	30:08	35	33:12
00 10	3.25	25:00	7:41	24	9:16	140	11:04	32.50	2:56:24	5:25	9	38:58	49	44:06
00 11	3.25	20:56	6:26	13	4:58	73	20:55	35.75	3:17:20	5:31	10	43:01	49	51:01
00 12	3.25	20:09	6:11	11	3:50	57	6:19	39.00	3:37:29	5:34	11	46:26	51	57:08
000 00	3.25	19:09	5:53	10	3:14	50	6:07	42.25	3:56:38	5:36	11	49:40	51	1:02:46