



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Hafner, Joerg

00: Larsis Laeufertreff

00: 654

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:29:27

00: 9.35 km/h

0000: 6:23 min/km

00000/000: 109 (of 185)

00000/0: 101 (of 161)

000000: 2:53:52

00000: 19(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	21:00	6:27	24	8:56	148	9:13	3.25	21:00	6:27	24	8:56	148	9:13
00 2	3.25	20:15	6:13	22	7:32	142	20:14	6.50	41:15	6:20	23	16:28	145	24:00
00 3	3.25	19:41	6:03	22	6:41	125	6:51	9.75	1:00:56	6:14	23	23:09	141	27:32
00 4	3.25	19:17	5:56	19	6:11	103	6:19	13.00	1:20:13	6:10	22	29:20	129	30:34
00 5	3.25	19:38	6:02	20	6:12	105	6:26	16.25	1:39:51	6:08	22	35:32	124	36:16
00 6	3.25	19:36	6:01	18	5:59	98	6:18	19.50	1:59:27	6:07	22	41:31	122	42:34
00 7	3.25	21:05	6:29	23	7:06	119	7:43	22.75	2:20:32	6:10	22	48:37	122	50:04
00 8	3.25	21:16	6:32	20	21:15	111	21:15	26.00	2:41:48	6:13	22	55:24	119	57:35
00 9	3.25	21:19	6:33	19	6:27	94	7:20	29.25	3:03:07	6:15	22	1:01:51	114	1:04:55
00 10	3.25	21:26	6:35	16	5:42	88	7:30	32.50	3:24:33	6:17	22	1:07:07	112	1:12:15
00 11	3.25	21:28	6:36	14	5:30	81	21:27	35.75	3:46:01	6:19	20	1:11:42	109	1:19:42
00 12	3.25	21:33	6:37	14	5:14	76	7:43	39.00	4:07:34	6:20	19	1:16:31	105	1:27:13
000 00	3.25	21:53	6:44	18	5:58	91	8:51	42.25	4:29:27	6:22	19	1:22:29	101	1:35:35