



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Tischer, Stefan

00: TG Südwest Berlin

00: 815

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:33:30

00: 9.21 km/h

0000: 6:28 min/km

00000/000: 118 (of 185)

00000/0: 110 (of 161)

000000: 2:53:52

00000: 10(of 12)

0000000: 3:32:46

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	17:44	5:27	7	4:57	77	5:57	3.25	17:44	5:27	7	4:57	77	5:57
00 2	3.25	19:08	5:53	11	5:21	120	19:07	6.50	36:52	5:40	9	10:18	101	19:37
00 3	3.25	18:12	5:35	7	4:19	83	5:22	9.75	55:04	5:38	9	14:37	95	21:40
00 4	3.25	18:05	5:33	7	4:00	73	5:07	13.00	1:13:09	5:37	9	18:37	87	23:30
00 5	3.25	18:09	5:35	7	3:37	65	4:57	16.25	1:31:18	5:37	7	22:14	79	27:43
00 6	3.25	17:54	5:30	5	2:40	53	4:36	19.50	1:49:12	5:36	7	24:54	72	32:19
00 7	3.25	18:34	5:42	5	2:35	64	5:12	22.75	2:07:46	5:36	7	27:29	71	37:18
00 8	3.25	19:17	5:56	5	2:29	71	19:16	26.00	2:27:03	5:39	7	29:58	72	42:50
00 9	3.25	23:04	7:05	11	6:10	129	9:05	29.25	2:50:07	5:48	7	35:10	79	51:55
00 10	3.25	24:26	7:31	10	7:03	133	10:30	32.50	3:14:33	5:59	7	41:08	88	1:02:15
00 11	3.25	25:59	7:59	10	8:54	140	25:58	35.75	3:40:32	6:10	7	47:45	95	1:14:13
00 12	3.25	28:13	8:40	12	11:23	151	14:23	39.00	4:08:45	6:22	9	55:19	107	1:28:24
000 00	3.25	24:45	7:36	10	8:29	124	11:43	42.25	4:33:30	6:28	10	1:00:44	110	1:39:38