



14. Kristall-Marathon

Merkers / 16.02.2020

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Møllebro, Peter

□□: Klub 100 Marathon Danmark

□□: 736

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:41:50

□□: 8.99 km/h

□□□□: 6:40 min/km

□□□□□/□□□: 137 (of 185)

□□□□□/□: 126 (of 161)

□□□□□□: 2:53:52

□□□□□: 24(of 30)

□□□□□□□: 3:39:08

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:49	6:24	27	7:04	141	9:02	3.25	20:49	6:24	27	7:04	141	9:02	
□□ 2	3.25	20:37	6:20	28	6:33	146	20:36	6.50	41:26	6:22	26	13:37	146	24:11	
□□ 3	3.25	20:52	6:25	28	6:23	147	8:02	9.75	1:02:18	6:23	27	20:00	148	28:54	
□□ 4	3.25	22:09	6:48	28	7:18	154	9:11	13.00	1:24:27	6:29	28	27:18	151	34:48	
□□ 5	3.25	21:21	6:34	28	5:55	144	8:09	16.25	1:45:48	6:30	28	33:13	151	42:13	
□□ 6	3.25	21:20	6:33	27	5:10	135	8:02	19.50	2:07:08	6:31	28	38:23	149	50:15	
□□ 7	3.25	22:26	6:54	28	6:02	144	9:04	22.75	2:29:34	6:34	28	44:25	146	59:06	
□□ 8	3.25	21:53	6:44	24	4:56	124	21:52	26.00	2:51:27	6:35	28	48:53	146	1:07:14	
□□ 9	3.25	21:50	6:43	22	4:47	108	7:51	29.25	3:13:17	6:36	28	52:47	141	1:15:05	
□□ 10	3.25	22:26	6:54	21	5:17	106	8:30	32.50	3:35:43	6:38	27	55:44	138	1:23:25	
□□ 11	3.25	22:06	6:48	16	4:40	88	22:05	35.75	3:57:49	6:39	26	57:14	135	1:31:30	
□□ 12	3.25	22:17	6:51	15	5:04	84	8:27	39.00	4:20:06	6:40	25	58:33	131	1:39:45	
□□□ □□	3.25	21:44	6:41	15	4:29	85	8:42	42.25	4:41:50	6:40	24	1:02:42	126	1:47:58	