



11. Kristall-Marathon

Merkers / 12.02.2017

0000

HOLSCHUH, Jürgen

00: Reisegruppe Schlemmerblock

00: 237

00: 22.75 km

Halbmarathon

0000:

Senioren M55 (55-59 Jahre)

000: 2:13:00

00: 10.26 km/h

0000: 5:51 min/km

00000/000: 79 (of 149)

00000/0: 68 (of 114)

000000: 1:27:11

00000: 5(of 5)

0000000: 1:37:07

0000

0000

000

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	18:20	5:38	5	5:28	79	6:38	3.25	18:20	5:38	5	5:28	79	6:38
00 2	3.25	18:53	5:48	5	5:12	88	6:19	6.50	37:13	5:43	5	10:40	83	12:57
00 3	3.25	19:08	5:53	5	5:14	84	6:45	9.75	56:21	5:46	5	15:54	85	19:42
00 4	3.25	19:23	5:57	5	5:15	79	6:50	13.00	1:15:44	5:49	5	21:09	83	26:32
00 5	3.25	19:15	5:55	5	5:07	69	6:33	16.25	1:34:59	5:50	5	26:16	78	33:05
00 6	3.25	19:11	5:54	5	4:53	61	6:18	19.50	1:54:10	5:51	5	31:09	75	39:22
000 00	3.25	18:50	5:47	5	4:44	56	6:27	22.75	2:13:00	5:50	5	35:53	68	45:49