



# 11. Kristall-Marathon

Merkers / 12.02.2017

0000

**JOCHUM, Ralph**

00: Lauschule Saarpfalz

00: 61

00: 22.75 km

Halbmarathon

0000:

Senioren M40 (40-44 Jahre)

000: 2:36:52

00: 8.41 km/h

0000: 6:54 min/km

00000/0000: 127 (of 149)

00000/0: 102 (of 114)

000000: 1:27:11

00000: 22(of 24)

0000000: 1:34:42

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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	19:02	5:51	19	6:20	92	7:20	3.25	19:02	5:51	19	6:20	92	7:20
00 2	3.25	21:55	6:44	23	8:29	108	9:21	6.50	40:57	6:18	23	14:49	107	16:41
00 3	3.25	21:46	6:41	22	8:20	106	9:23	9.75	1:02:43	6:25	23	23:09	106	26:04
00 4	3.25	20:48	6:24	19	7:02	95	8:15	13.00	1:23:31	6:25	20	30:11	102	34:19
00 5	3.25	18:52	5:48	14	4:58	65	6:10	16.25	1:42:23	6:18	20	35:09	97	40:29
00 6	3.25	23:16	7:09	22	9:08	101	10:23	19.50	2:05:39	6:26	20	44:17	97	50:51
000 00	3.25	31:13	9:36	23	17:53	109	18:50	22.75	2:36:52	6:53	22	1:02:10	102	1:09:41