



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Sperling, Kai

00: Lauffreunde HADI Wesel

00: 512

00: 9.75 km

10 km Lauf

0000:

Senioren M40 (40-44 Jahre)

000: 1:05:54

00: 8.19 km/h

0000: 6:46 min/km

00000/000: 174 (of 220)

00000/0: 107 (of 126)

000000: 35:30

00000: 19(of 22)

0000000: 35:30

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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 | 22:29 | 6:55 | 22 | 11:16 | 119 | 11:16 | 3.25 | 22:29 | 6:55 | 22 | 11:16 | 119 | 11:16 |
| 00 2 | 3.25 | 22:12 | 6:49 | 19 | 10:07 | 105 | 22:11 | 6.50 | 44:41 | 6:52 | 21 | 21:23 | 112 | 27:20 |
| 000 00 | 3.25 | 21:13 | 6:31 | 19 | 9:01 | 95 | 9:01 | 9.75 | 1:05:54 | 6:45 | 19 | 30:24 | 107 | 30:24 |