



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Schönwald, Gerrit

00: Schermbeck

00: 496

00: 22.75 km

Halbmarathon

0000:

Senioren M35 (35-39 Jahre)

000: 1:32:02

00: 14.34 km/h

0000: 4:03 min/km

00000/0000: 2 (of 244)

00000/0: 2 (of 177)

000000: 1:31:43

00000: 1(of 25)

0000000: 1:32:02

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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	11:58	3:40	1	-	1	-	3.25	11:58	3:40	1	-	1	-
00 2	3.25	12:35	3:52	1	-	1	-	6.50	24:33	3:46	1	-	1	-
00 3	3.25	13:12	4:03	2	0:02	4	0:28	9.75	37:45	3:52	1	-	1	-
00 4	3.25	13:26	4:08	1	-	3	0:13	13.00	51:11	3:56	1	-	1	-
00 5	3.25	13:46	4:14	2	0:14	4	0:30	16.25	1:04:57	3:59	1	-	1	-
00 6	3.25	13:45	4:13	1	-	3	0:24	19.50	1:18:42	4:02	1	-	1	-
000 00	3.25	13:20	4:06	1	-	2	0:32	22.75	1:32:02	4:02	1	-	2	0:19