



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Diegmüller, Jürgen

00: SV Steinhaus

00: 622

00: 22.75 km

Halbmarathon

0000:

Senioren M40 (40-44 Jahre)

000: 1:53:32

00: 11.63 km/h

0000: 4:59 min/km

00000/0000: 39 (of 244)

00000/0: 33 (of 177)

000000: 1:31:43

00000: 2(of 23)

0000000: 1:53:31

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	13:48	4:14	1	-	12	1:50	3.25	13:48	4:14	1	-	12	1:50
00 2	3.25	14:04	4:19	1	-	9	1:29	6.50	27:52	4:17	1	-	13	3:19
00 3	3.25	14:57	4:35	1	-	15	2:13	9.75	42:49	4:23	1	-	12	5:04
00 4	3.25	15:51	4:52	1	-	28	2:38	13.00	58:40	4:30	1	-	14	7:29
00 5	3.25	17:15	5:18	2	0:28	43	3:59	16.25	1:15:55	4:40	1	-	18	10:58
00 6	3.25	18:43	5:45	4	1:38	72	5:22	19.50	1:34:38	4:51	1	-	24	15:56
000 00	3.25	18:54	5:48	8	2:25	73	6:06	22.75	1:53:32	4:59	2	0:01	33	21:49