



# 14. Kristall-Marathon

Merkers / 16.02.2020

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## Jauss, Uwe

□□: Kanufreunde Adenstedt

□□: 385

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□□□/□□□: DNF (of 244)

□□□□□/□: DNF (of 177)

□□□□□□: 1:31:43

□□□□□: DNF(of 23)

□□□□□□□: 1:57:26

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| □□□    | □□   | □□     | □□     | □□ | □□   | □□  | □□    | □□□   | □□□     | □□□    | □□ | □□    | □□  | □□    |
|--------|------|--------|--------|----|------|-----|-------|-------|---------|--------|----|-------|-----|-------|
|        | km   | □□     | min/km | -  | -    | □   | □     | km    | □□      | min/km | -  | -     | □   | □     |
| □□ 1   | 3.25 | 21:29  | 6:36   | 20 | 6:48 | 170 | 9:31  | 3.25  | 21:29   | 6:36   | 20 | 6:48  | 170 | 9:31  |
| □□ 2   | 3.25 | 22:06  | 6:48   | 21 | 6:44 | 167 | 9:31  | 6.50  | 43:35   | 6:42   | 21 | 13:32 | 168 | 19:02 |
| □□ 3   | 3.25 | 22:36  | 6:57   | 22 | 5:28 | 163 | 9:52  | 9.75  | 1:06:11 | 6:47   | 22 | 18:40 | 167 | 28:26 |
| □□ 4   | 3.25 | 24:03  | 7:24   | 22 | 6:35 | 165 | 10:50 | 13.00 | 1:30:14 | 6:56   | 22 | 25:15 | 167 | 39:03 |
| □□ 5   | 3.25 | 25:34  | 7:51   | 22 | 8:04 | 166 | 12:18 | 16.25 | 1:55:48 | 7:07   | 22 | 32:45 | 167 | 50:51 |
| □□ 6   | 3.25 | fehlt! | -      | -  | -    | -   | -     | 19.50 | -       | -      | -  | -     | -   | -     |
| □□□ □□ | 3.25 | fehlt! | -      | -  | -    | -   | -     | 22.75 | -       | -      | -  | -     | -   | -     |