



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Süßmilch, Ralf

00: LG Burg Wiedenbrück

00: 523

00: 22.75 km

Halbmarathon

0000:

Senioren M55 (55-59 Jahre)

000: 1:57:26

00: 11.62 km/h

0000: 5:10 min/km

00000/000: 50 (of 244)

00000/0: 42 (of 177)

000000: 1:31:43

00000: 1(of 23)

0000000: 1:57:26

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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	14:41	4:31	1	-	25	2:43	3.25	14:41	4:31	1	-	25	2:43
00 2	3.25	15:22	4:43	1	-	29	2:47	6.50	30:03	4:37	1	-	26	5:30
00 3	3.25	17:28	5:22	2	0:20	68	4:44	9.75	47:31	4:52	1	-	39	9:46
00 4	3.25	17:28	5:22	1	-	54	4:15	13.00	1:04:59	4:59	1	-	41	13:48
00 5	3.25	18:04	5:33	3	0:34	64	4:48	16.25	1:23:03	5:06	1	-	44	18:06
00 6	3.25	17:45	5:27	1	-	45	4:24	19.50	1:40:48	5:10	1	-	43	22:06
000 00	3.25	16:38	5:07	1	-	32	3:50	22.75	1:57:26	5:09	1	-	42	25:43