



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Nixdorf, Christopher

00: OCR Heidesprinter

00: 450

00: 22.75 km

Halbmarathon

0000:

Männer (20-29 Jahre)

000: 2:00:37

00: 10.94 km/h

0000: 5:18 min/km

00000/0000: 58 (of 244)

00000/0: 49 (of 177)

000000: 1:31:43

00000: 4(of 8)

0000000: 1:47:03

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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	16:04	4:56	4	1:35	48	4:06	3.25	16:04	4:56	4	1:35	48	4:06
00 2	3.25	16:36	5:06	4	2:07	59	4:01	6.50	32:40	5:01	4	3:36	49	8:07
00 3	3.25	16:45	5:09	4	1:42	49	4:01	9.75	49:25	5:04	4	5:18	52	11:40
00 4	3.25	17:14	5:18	4	1:56	49	4:01	13.00	1:06:39	5:07	4	7:01	49	15:28
00 5	3.25	17:32	5:23	4	1:46	50	4:16	16.25	1:24:11	5:10	4	8:47	49	19:14
00 6	3.25	18:30	5:41	4	2:38	67	5:09	19.50	1:42:41	5:15	4	11:25	50	23:59
000 00	3.25	17:56	5:31	3	2:09	51	5:08	22.75	2:00:37	5:18	4	13:34	49	28:54