



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Leidecker, Jens

00: Solms

00: 421

00: 22.75 km

Halbmarathon

0000:

Senioren M35 (35-39 Jahre)

000: 2:02:48

00: 10.75 km/h

0000: 5:24 min/km

00000/000: 67 (of 244)

00000/0: 56 (of 177)

000000: 1:31:43

00000: 18(of 25)

0000000: 1:32:02

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	14:56	4:35	10	2:58	28	2:58	3.25	14:56	4:35	10	2:58	28	2:58
00 2	3.25	15:39	4:48	12	3:04	34	3:04	6.50	30:35	4:42	12	6:02	34	6:02
00 3	3.25	16:55	5:12	19	3:45	53	4:11	9.75	47:30	4:52	14	9:45	37	9:45
00 4	3.25	17:58	5:31	18	4:32	72	4:45	13.00	1:05:28	5:02	16	14:17	46	14:17
00 5	3.25	18:25	5:40	19	4:53	77	5:09	16.25	1:23:53	5:09	16	18:56	47	18:56
00 6	3.25	19:31	6:00	20	5:46	92	6:10	19.50	1:43:24	5:18	17	24:42	51	24:42
000 00	3.25	19:24	5:58	20	6:04	82	6:36	22.75	2:02:48	5:23	18	30:46	56	31:05