



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Köhler, Benedict

00: Krefeld

00: 403

00: 22.75 km

Halbmarathon

0000:

Männer (20-29 Jahre)

000: 2:03:44

00: 11.03 km/h

0000: 5:26 min/km

00000/000: 75 (of 244)

00000/0: 63 (of 177)

000000: 1:31:43

00000: 5(of 8)

0000000: 1:47:03

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	16:53	5:11	5	2:24	65	4:55	3.25	16:53	5:11	5	2:24	65	4:55
00 2	3.25	16:55	5:12	5	2:26	66	4:20	6.50	33:48	5:11	5	4:44	67	9:15
00 3	3.25	17:00	5:13	5	1:57	55	4:16	9.75	50:48	5:12	5	6:41	62	13:03
00 4	3.25	17:18	5:19	5	2:00	50	4:05	13.00	1:08:06	5:14	5	8:28	58	16:55
00 5	3.25	17:16	5:18	3	1:30	44	4:00	16.25	1:25:22	5:15	5	9:58	54	20:25
00 6	3.25	18:26	5:40	3	2:34	62	5:05	19.50	1:43:48	5:19	5	12:32	55	25:06
000 00	3.25	19:56	6:08	5	4:09	93	7:08	22.75	2:03:44	5:26	5	16:41	63	32:01