



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Römisch, Sven

00: Crazy Runners Team Frankenwald

00: 476

00: 22.75 km

Halbmarathon

0000:

Senioren M40 (40-44 Jahre)

000: 2:04:29

00: 10.60 km/h

0000: 5:28 min/km

00000/000: 80 (of 244)

00000/0: 66 (of 177)

000000: 1:31:43

00000: 5(of 23)

0000000: 1:53:31

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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 | 17:18 | 5:19   | 7  | 3:30 | 80 | 5:20 | 3.25  | 17:18   | 5:19   | 7  | 3:30  | 80 | 5:20  |
| 00 2   | 3.25 | 16:33 | 5:05   | 3  | 2:29 | 58 | 3:58 | 6.50  | 33:51   | 5:12   | 5  | 5:59  | 69 | 9:18  |
| 00 3   | 3.25 | 17:09 | 5:16   | 3  | 2:12 | 59 | 4:25 | 9.75  | 51:00   | 5:13   | 3  | 8:11  | 63 | 13:15 |
| 00 4   | 3.25 | 18:05 | 5:33   | 7  | 2:14 | 77 | 4:52 | 13.00 | 1:09:05 | 5:18   | 3  | 10:25 | 63 | 17:54 |
| 00 5   | 3.25 | 18:22 | 5:39   | 6  | 1:35 | 76 | 5:06 | 16.25 | 1:27:27 | 5:22   | 5  | 11:32 | 67 | 22:30 |
| 00 6   | 3.25 | 19:20 | 5:56   | 7  | 2:15 | 86 | 5:59 | 19.50 | 1:46:47 | 5:28   | 5  | 12:09 | 69 | 28:05 |
| 000 00 | 3.25 | 17:42 | 5:26   | 4  | 1:13 | 49 | 4:54 | 22.75 | 2:04:29 | 5:28   | 5  | 10:58 | 66 | 32:46 |