



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Köster, Thomas

00: n/a

00: 406

00: 22.75 km

Halbmarathon

0000:

Senioren M50 (50-54 Jahre)

000: 2:05:56

00: 10.48 km/h

0000: 5:32 min/km

00000/0000: 89 (of 244)

00000/0: 72 (of 177)

000000: 1:31:43

00000: 8(of 30)

0000000: 1:45:14

0000

0000

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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	17:58	5:31	10	3:48	97	6:00	3.25	17:58	5:31	10	3:48	97	6:00
00 2	3.25	17:48	5:28	9	3:12	89	5:13	6.50	35:46	5:30	10	7:00	94	11:13
00 3	3.25	17:43	5:27	9	2:46	75	4:59	9.75	53:29	5:29	10	9:46	90	15:44
00 4	3.25	17:39	5:25	7	2:21	61	4:26	13.00	1:11:08	5:28	9	12:07	80	19:57
00 5	3.25	18:13	5:36	8	2:45	72	4:57	16.25	1:29:21	5:29	9	14:52	75	24:24
00 6	3.25	18:12	5:35	8	2:54	58	4:51	19.50	1:47:33	5:30	9	17:46	73	28:51
000 00	3.25	18:23	5:39	6	2:56	61	5:35	22.75	2:05:56	5:32	8	20:42	72	34:13