



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Hinrichs, Ingo

00: KSG Lo-Han

00: 377

00: 22.75 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 2:08:08

00: 10.65 km/h

0000: 5:38 min/km

00000/000: 98 (of 244)

00000/0: 80 (of 177)

000000: 1:31:43

00000: 18(of 34)

0000000: 1:38:53

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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	17:35	5:24	17	4:18	85	5:37	3.25	17:35	5:24	17	4:18	85	5:37
00 2	3.25	16:32	5:05	14	2:36	56	3:57	6.50	34:07	5:14	14	6:54	73	9:34
00 3	3.25	17:54	5:30	18	3:53	83	5:10	9.75	52:01	5:20	15	10:27	75	14:16
00 4	3.25	18:06	5:34	17	3:53	78	4:53	13.00	1:10:07	5:23	16	14:18	73	18:56
00 5	3.25	18:39	5:44	18	4:32	82	5:23	16.25	1:28:46	5:27	17	18:29	72	23:49
00 6	3.25	18:57	5:49	17	5:07	75	5:36	19.50	1:47:43	5:31	17	22:59	75	29:01
000 00	3.25	20:25	6:16	19	6:31	96	7:37	22.75	2:08:08	5:37	18	29:15	80	36:25