



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 |