



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Brock, Harald

00: Wachtmeister / Polizeidirektion Neustadt

00: 318

00: 22.75 km

Halbmarathon

0000:

Senioren M55 (55-59 Jahre)

000: 2:08:52

00: 10.24 km/h

0000: 5:40 min/km

00000/000: 101 (of 244)

00000/0: 82 (of 177)

000000: 1:31:43

00000: 6(of 23)

0000000: 1:57:26

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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	17:02	5:14	6	2:21	68	5:04	3.25	17:02	5:14	6	2:21	68	5:04
00 2	3.25	16:55	5:12	3	1:33	66	4:20	6.50	33:57	5:13	5	3:54	70	9:24
00 3	3.25	17:47	5:28	3	0:39	78	5:03	9.75	51:44	5:18	5	4:13	69	13:59
00 4	3.25	19:04	5:51	11	1:36	100	5:51	13.00	1:10:48	5:26	6	5:49	77	19:37
00 5	3.25	19:17	5:56	9	1:47	91	6:01	16.25	1:30:05	5:32	7	7:02	81	25:08
00 6	3.25	19:24	5:58	7	1:39	87	6:03	19.50	1:49:29	5:36	7	8:41	81	30:47
000 00	3.25	19:23	5:57	8	2:45	81	6:35	22.75	2:08:52	5:39	6	11:26	82	37:09