



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Hartkopf, Ingo

00: Die Hartköpfe

00: 366

00: 22.75 km

Halbmarathon

0000:

Senioren M55 (55-59 Jahre)

000: 2:08:53

00: 10.24 km/h

0000: 5:40 min/km

00000/0000: 102 (of 244)

00000/0: 83 (of 177)

000000: 1:31:43

00000: 7(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	16:48	5:10	5	2:07	62	4:50	3.25	16:48	5:10	5	2:07	62	4:50
00 2	3.25	17:17	5:19	5	1:55	72	4:42	6.50	34:05	5:14	6	4:02	72	9:32
00 3	3.25	17:48	5:28	4	0:40	79	5:04	9.75	51:53	5:19	6	4:22	72	14:08
00 4	3.25	18:14	5:36	6	0:46	82	5:01	13.00	1:10:07	5:23	4	5:08	73	18:56
00 5	3.25	19:34	6:01	10	2:04	95	6:18	16.25	1:29:41	5:31	4	6:38	78	24:44
00 6	3.25	19:40	6:03	10	1:55	94	6:19	19.50	1:49:21	5:36	6	8:33	80	30:39
000 00	3.25	19:32	6:00	10	2:54	85	6:44	22.75	2:08:53	5:39	7	11:27	83	37:10