



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Wielinski, Jonathan

00: ZK's

00: 547

00: 22.75 km

Halbmarathon

0000:

Senioren M30 (30-34 Jahre)

000: 2:09:11

00: 10.57 km/h

0000: 5:41 min/km

00000/0000: 104 (of 244)

00000/0: 84 (of 177)

000000: 1:31:43

00000: 15(of 21)

0000000: 1:31:43

0000

0000

000

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	19:53	6:07	21	7:07	139	7:55	3.25	19:53	6:07	21	7:07	139	7:55
00 2	3.25	18:17	5:37	19	5:25	108	5:42	6.50	38:10	5:52	20	12:26	121	13:37
00 3	3.25	18:12	5:35	17	5:28	90	5:28	9.75	56:22	5:46	20	17:54	111	18:37
00 4	3.25	18:14	5:36	15	5:01	82	5:01	13.00	1:14:36	5:44	17	22:46	103	23:25
00 5	3.25	18:10	5:35	15	4:54	69	4:54	16.25	1:32:46	5:42	16	27:40	93	27:49
00 6	3.25	18:01	5:32	12	4:40	52	4:40	19.50	1:50:47	5:40	15	32:05	85	32:05
000 00	3.25	18:24	5:39	11	5:36	62	5:36	22.75	2:09:11	5:40	15	37:28	84	37:28