



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Jäger, Axel

□□: United Runners of Pfalz

□□: 690

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:09:49

□□: 10.17 km/h

□□□□: 5:43 min/km

□□□□□/□□□□: 107 (of 244)

□□□□□/□: 87 (of 177)

□□□□□□: 1:31:43

□□□□□: 8(of 23)

□□□□□□□: 1:57:26

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 20:37 | 6:20 | 18 | 5:56 | 154 | 8:39 | 3.25 | 20:37 | 6:20 | 18 | 5:56 | 154 | 8:39 |
| □□ 2 | 3.25 | 17:55 | 5:30 | 10 | 2:33 | 97 | 5:20 | 6.50 | 38:32 | 5:55 | 16 | 8:29 | 130 | 13:59 |
| □□ 3 | 3.25 | 18:03 | 5:33 | 7 | 0:55 | 87 | 5:19 | 9.75 | 56:35 | 5:48 | 12 | 9:04 | 116 | 18:50 |
| □□ 4 | 3.25 | 18:24 | 5:39 | 7 | 0:56 | 85 | 5:11 | 13.00 | 1:14:59 | 5:46 | 12 | 10:00 | 108 | 23:48 |
| □□ 5 | 3.25 | 18:42 | 5:45 | 6 | 1:12 | 83 | 5:26 | 16.25 | 1:33:41 | 5:45 | 10 | 10:38 | 98 | 28:44 |
| □□ 6 | 3.25 | 18:28 | 5:40 | 4 | 0:43 | 63 | 5:07 | 19.50 | 1:52:09 | 5:45 | 8 | 11:21 | 90 | 33:27 |
| □□□ □□ | 3.25 | 17:40 | 5:26 | 3 | 1:02 | 48 | 4:52 | 22.75 | 2:09:49 | 5:42 | 8 | 12:23 | 87 | 38:06 |