



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Helle, Simon

00: Hey Ho Lets Go

00: 663

00: 22.75 km

Halbmarathon

0000:

Senioren M35 (35-39 Jahre)

000: 2:25:16

00: 9.09 km/h

0000: 6:23 min/km

00000/0000: 169 (of 244)

00000/0: 132 (of 177)

000000: 1:31:43

00000: 23(of 25)

0000000: 1:32:02

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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 | 21:28 | 6:36   | 25 | 9:30 | 167 | 9:30 | 3.25  | 21:28   | 6:36   | 25 | 9:30  | 167 | 9:30  |
| 00 2   | 3.25 | 20:36 | 6:20   | 23 | 8:01 | 151 | 8:01 | 6.50  | 42:04   | 6:28   | 25 | 17:31 | 160 | 17:31 |
| 00 3   | 3.25 | 20:35 | 6:19   | 23 | 7:25 | 138 | 7:51 | 9.75  | 1:02:39 | 6:25   | 24 | 24:54 | 154 | 24:54 |
| 00 4   | 3.25 | 19:50 | 6:06   | 22 | 6:24 | 117 | 6:37 | 13.00 | 1:22:29 | 6:20   | 23 | 31:18 | 146 | 31:18 |
| 00 5   | 3.25 | 21:14 | 6:31   | 23 | 7:42 | 131 | 7:58 | 16.25 | 1:43:43 | 6:22   | 23 | 38:46 | 144 | 38:46 |
| 00 6   | 3.25 | 19:46 | 6:04   | 21 | 6:01 | 95  | 6:25 | 19.50 | 2:03:29 | 6:19   | 23 | 44:47 | 135 | 44:47 |
| 000 00 | 3.25 | 21:47 | 6:42   | 22 | 8:27 | 112 | 8:59 | 22.75 | 2:25:16 | 6:23   | 23 | 53:14 | 132 | 53:33 |