



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Steinke, Roland

00: Harbour Runners Hamburg

00: 802

00: 22.75 km

Halbmarathon

0000:

Senioren M45 (45-49 Jahre)

000: 2:23:07

00: 9.54 km/h

0000: 6:17 min/km

00000/0000: 155 (of 244)

00000/0: 124 (of 177)

000000: 1:31:43

00000: 26(of 34)

0000000: 1:38:53

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	20:20	6:15	31	7:03	152	8:22	3.25	20:20	6:15	31	7:03	152	8:22
00 2	3.25	18:40	5:44	24	4:44	118	6:05	6.50	39:00	6:00	27	11:47	135	14:27
00 3	3.25	19:29	5:59	25	5:28	125	6:45	9.75	58:29	5:59	26	16:55	129	20:44
00 4	3.25	20:38	6:20	25	6:25	134	7:25	13.00	1:19:07	6:05	25	23:18	125	27:56
00 5	3.25	21:42	6:40	26	7:35	139	8:26	16.25	1:40:49	6:12	26	30:32	130	35:52
00 6	3.25	21:03	6:28	22	7:13	107	7:42	19.50	2:01:52	6:14	26	37:08	128	43:10
000 00	3.25	21:15	6:32	24	7:21	107	8:27	22.75	2:23:07	6:17	26	44:14	124	51:24