



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Plöttner, Johannes

00: Gutsmuths Rennsteiglaufverein e.V.

00: 753

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 2:53:52

00: 14.58 km/h

0000: 4:07 min/km

00000/000: 1 (of 185)

00000/0: 1 (of 161)

000000: 2:53:52

00000: 1(of 13)

0000000: 2:53:52

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	11:47	3:37	1	-	1	-	3.25	11:47	3:37	1	-	1	-
00 2	3.25	12:39	3:53	2	12:38	3	12:38	6.50	24:26	3:45	2	7:11	2	7:11
00 3	3.25	12:50	3:56	1	-	1	-	9.75	37:16	3:49	2	3:52	2	3:52
00 4	3.25	13:07	4:02	2	0:09	3	0:09	13.00	50:23	3:52	2	0:44	2	0:44
00 5	3.25	13:12	4:03	1	-	1	-	16.25	1:03:35	3:54	1	-	1	-
00 6	3.25	13:18	4:05	1	-	1	-	19.50	1:16:53	3:56	1	-	1	-
00 7	3.25	13:35	4:10	2	0:13	2	0:13	22.75	1:30:28	3:58	1	-	1	-
00 8	3.25	13:45	4:13	2	0:02	3	13:44	26.00	1:44:13	4:00	1	-	1	-
00 9	3.25	13:59	4:18	1	-	1	-	29.25	1:58:12	4:02	1	-	1	-
00 10	3.25	14:06	4:20	2	0:10	2	0:10	32.50	2:12:18	4:04	1	-	1	-
00 11	3.25	14:01	4:18	2	0:01	3	14:00	35.75	2:26:19	4:05	1	-	1	-
00 12	3.25	14:02	4:19	2	0:12	2	0:12	39.00	2:40:21	4:06	1	-	1	-
000 00	3.25	13:31	4:09	2	0:29	2	0:29	42.25	2:53:52	4:06	1	-	1	-