



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Unger, Wolfgang

00: Meerbusch

00: 244

00: 9.75 km

10 km Lauf

0000:

Senioren M55 (55-59 Jahre)

000: 51:14

00: 11.42 km/h

0000: 5:15 min/km

00000/000: 52 (of 220)

00000/0: 45 (of 126)

000000: 35:30

00000: 4(of 15)

0000000: 41:13

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	16:25	5:03	4	3:23	43	5:12	3.25	16:25	5:03	4	3:23	43	5:12
00 2	3.25	17:43	5:27	5	3:43	51	17:42	6.50	34:08	5:15	4	7:06	48	16:47
000 00	3.25	17:06	5:15	4	2:55	38	4:54	9.75	51:14	5:15	4	10:01	45	15:44