



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Bodach, Christian

00: Tri-Geckos Dortmund

00: 610

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:33:49

00: 11.79 km/h

0000: 5:04 min/km

00000/000: 20 (of 185)

00000/0: 19 (of 161)

000000: 2:53:52

00000: 6(of 24)

0000000: 3:10:07

0000

0000

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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	15:09	4:39	6	3:14	23	3:22	3.25	15:09	4:39	6	3:14	23	3:22
00 2	3.25	15:48	4:51	7	3:17	31	15:47	6.50	30:57	4:45	6	6:31	27	13:42
00 3	3.25	16:30	5:04	9	3:36	42	3:40	9.75	47:27	4:52	6	10:07	30	14:03
00 4	3.25	16:44	5:08	9	3:26	39	3:46	13.00	1:04:11	4:56	6	13:33	30	14:32
00 5	3.25	16:42	5:08	8	3:16	34	3:30	16.25	1:20:53	4:58	7	16:49	31	17:18
00 6	3.25	17:06	5:15	10	3:17	42	3:48	19.50	1:37:59	5:01	8	20:06	31	21:06
00 7	3.25	16:28	5:03	8	2:34	24	3:06	22.75	1:54:27	5:01	8	22:40	30	23:59
00 8	3.25	16:44	5:08	5	2:15	20	16:43	26.00	2:11:11	5:02	8	24:55	30	26:58
00 9	3.25	16:32	5:05	5	1:49	16	2:33	29.25	2:27:43	5:03	8	26:40	28	29:31
00 10	3.25	16:55	5:12	3	1:50	13	2:59	32.50	2:44:38	5:03	6	26:38	26	32:20
00 11	3.25	16:47	5:09	4	16:46	10	16:46	35.75	3:01:25	5:04	6	24:44	26	35:06
00 12	3.25	16:37	5:06	3	1:52	8	2:47	39.00	3:18:02	5:04	6	23:06	22	37:41
000 00	3.25	15:47	4:51	2	1:28	5	2:45	42.25	3:33:49	5:03	6	23:42	19	39:57