



14. Kristall-Marathon

Merkers / 16.02.2020

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Esser, Lothar

□□: Spiridon Frankfurt

□□: 629

□□: 42.25 km

Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 3:37:19

□□: 11.67 km/h

□□□□: 5:08 min/km

□□□□□/□□□□: 22 (of 185)

□□□□□/□: 21 (of 161)

□□□□□□: 2:53:52

□□□□□: 2(of 12)

□□□□□□□: 3:31:08

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:07	4:39	2	0:37	21	3:20	3.25	15:07	4:39	2	0:37	21	3:20	
□□ 2	3.25	16:05	4:56	2	1:25	36	16:04	6.50	31:12	4:47	2	2:02	29	13:57	
□□ 3	3.25	15:57	4:54	2	1:04	25	3:07	9.75	47:09	4:50	2	3:06	27	13:45	
□□ 4	3.25	16:04	4:56	2	1:11	22	3:06	13.00	1:03:13	4:51	2	4:17	26	13:34	
□□ 5	3.25	15:44	4:50	2	0:40	21	2:32	16.25	1:18:57	4:51	2	4:57	24	15:22	
□□ 6	3.25	15:47	4:51	2	0:29	20	2:29	19.50	1:34:44	4:51	2	5:26	22	17:51	
□□ 7	3.25	16:07	4:57	2	0:36	18	2:45	22.75	1:50:51	4:52	2	6:02	22	20:23	
□□ 8	3.25	16:55	5:12	2	0:46	23	16:54	26.00	2:07:46	4:54	2	6:48	23	23:33	
□□ 9	3.25	17:10	5:16	2	0:11	23	3:11	29.25	2:24:56	4:57	2	6:59	23	26:44	
□□ 10	3.25	17:20	5:19	1	-	20	3:24	32.50	2:42:16	4:59	2	6:21	23	29:58	
□□ 11	3.25	17:41	5:26	1	-	23	17:40	35.75	2:59:57	5:02	2	5:58	23	33:38	
□□ 12	3.25	18:25	5:40	2	0:12	29	4:35	39.00	3:18:22	5:05	2	5:58	23	38:01	
□□□ □□	3.25	18:57	5:49	3	2:20	46	5:55	42.25	3:37:19	5:08	2	6:11	21	43:27	