



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Lenzen, Frank

00: Mönchengladbach

00: 720

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:43:54

00: 11.32 km/h

0000: 5:18 min/km

00000/000: 32 (of 185)

00000/0: 29 (of 161)

000000: 2:53:52

00000: 6(of 40)

0000000: 3:16:10

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