



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Hauck, Thomas

00: TV Okriftel

00: 660

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:45:47

00: 11.23 km/h

0000: 5:20 min/km

00000/000: 38 (of 185)

00000/0: 35 (of 161)

000000: 2:53:52

00000: 7(of 25)

0000000: 3:06:58

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