



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Hamacher, Markus

00: Jüchen

00: 657

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:47:24

00: 11.08 km/h

0000: 5:23 min/km

00000/000: 42 (of 185)

00000/0: 39 (of 161)

000000: 2:53:52

00000: 7(of 40)

0000000: 3:16:10

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	17:36	5:24	13	4:46	71	5:49	3.25	17:36	5:24	13	4:46	71	5:49
00 2	3.25	17:16	5:18	11	3:49	60	17:15	6.50	34:52	5:21	12	8:35	65	17:37
00 3	3.25	17:08	5:16	10	3:21	53	4:18	9.75	52:00	5:19	11	11:56	60	18:36
00 4	3.25	17:23	5:20	9	3:14	53	4:25	13.00	1:09:23	5:20	11	15:10	58	19:44
00 5	3.25	16:46	5:09	6	2:31	39	3:34	16.25	1:26:09	5:18	10	17:41	53	22:34
00 6	3.25	17:02	5:14	9	2:30	40	3:44	19.50	1:43:11	5:17	10	20:11	51	26:18
00 7	3.25	16:46	5:09	5	1:58	31	3:24	22.75	1:59:57	5:16	9	22:09	49	29:29
00 8	3.25	17:15	5:18	8	2:24	36	17:14	26.00	2:17:12	5:16	9	24:15	46	32:59
00 9	3.25	17:31	5:23	8	1:52	31	3:32	29.25	2:34:43	5:17	9	26:07	45	36:31
00 10	3.25	17:45	5:27	7	1:46	26	3:49	32.50	2:52:28	5:18	9	27:53	44	40:10
00 11	3.25	17:58	5:31	8	1:45	27	17:57	35.75	3:10:26	5:19	9	29:10	41	44:07
00 12	3.25	18:19	5:38	7	2:04	27	4:29	39.00	3:28:45	5:21	8	30:03	39	48:24
000 00	3.25	18:39	5:44	12	2:26	39	5:37	42.25	3:47:24	5:22	7	31:14	39	53:32