



14. Kristall-Marathon

Merkers / 16.02.2020

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Kahlich, Joseph

□□: Northwood Runners

□□: 694

□□: 42.25 km

Marathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 3:58:28

□□: 10.57 km/h

□□□□: 5:38 min/km

□□□□□/□□□: 56 (of 185)

□□□□□/□: 52 (of 161)

□□□□□□: 2:53:52

□□□□□: 7(of 13)

□□□□□□□: 2:53:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:30	5:23	7	5:43	68	5:43	3.25	17:30	5:23	7	5:43	68	5:43	
□□ 2	3.25	16:42	5:08	7	16:41	55	16:41	6.50	34:12	5:15	7	16:57	56	16:57	
□□ 3	3.25	16:34	5:05	6	3:44	45	3:44	9.75	50:46	5:12	6	17:22	51	17:22	
□□ 4	3.25	17:00	5:13	7	4:02	48	4:02	13.00	1:07:46	5:12	7	18:07	51	18:07	
□□ 5	3.25	17:25	5:21	7	4:13	51	4:13	16.25	1:25:11	5:14	7	21:36	52	21:36	
□□ 6	3.25	19:31	6:00	8	6:13	96	6:13	19.50	1:44:42	5:22	7	27:49	54	27:49	
□□ 7	3.25	18:09	5:35	8	4:47	54	4:47	22.75	2:02:51	5:23	7	32:23	52	32:23	
□□ 8	3.25	18:12	5:35	7	4:29	52	18:11	26.00	2:21:03	5:25	7	36:50	53	36:50	
□□ 9	3.25	19:18	5:56	8	5:19	63	5:19	29.25	2:40:21	5:28	7	42:09	53	42:09	
□□ 10	3.25	19:01	5:51	7	5:05	49	5:05	32.50	2:59:22	5:31	7	47:04	53	47:04	
□□ 11	3.25	19:42	6:03	6	5:42	53	19:41	35.75	3:19:04	5:34	7	52:45	53	52:45	
□□ 12	3.25	19:56	6:08	7	6:06	52	6:06	39.00	3:39:00	5:36	7	58:39	52	58:39	
□□□ □□	3.25	19:28	5:59	5	6:26	54	6:26	42.25	3:58:28	5:38	7	1:04:36	52	1:04:36	