



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Mavius, Jochen

00: Team Erdinger Alkoholfrei

00: 733

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:01:23

00: 10.50 km/h

0000: 5:43 min/km

00000/000: 58 (of 185)

00000/0: 53 (of 161)

000000: 2:53:52

00000: 6(of 30)

0000000: 3:39:08

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	17:24	5:21	8	3:39	64	5:37	3.25	17:24	5:21	8	3:39	64	5:37
00 2	3.25	16:50	5:10	6	2:46	57	16:49	6.50	34:14	5:15	7	6:25	57	16:59
00 3	3.25	17:24	5:21	6	2:55	59	4:34	9.75	51:38	5:17	6	9:20	59	18:14
00 4	3.25	17:15	5:18	6	2:24	51	4:17	13.00	1:08:53	5:17	6	11:44	56	19:14
00 5	3.25	17:41	5:26	6	2:15	55	4:29	16.25	1:26:34	5:19	6	13:59	55	22:59
00 6	3.25	18:11	5:35	8	2:01	62	4:53	19.50	1:44:45	5:22	6	16:00	55	27:52
00 7	3.25	18:48	5:47	9	2:24	67	5:26	22.75	2:03:33	5:25	6	18:24	56	33:05
00 8	3.25	19:00	5:50	9	2:03	66	18:59	26.00	2:22:33	5:28	6	19:59	56	38:20
00 9	3.25	19:25	5:58	8	2:22	67	5:26	29.25	2:41:58	5:32	8	21:28	58	43:46
00 10	3.25	19:42	6:03	10	2:33	68	5:46	32.50	3:01:40	5:35	8	21:41	58	49:22
00 11	3.25	20:05	6:10	8	2:39	60	20:04	35.75	3:21:45	5:38	7	21:10	58	55:26
00 12	3.25	20:43	6:22	9	3:30	62	6:53	39.00	3:42:28	5:42	7	20:55	55	1:02:07
000 00	3.25	18:55	5:49	5	1:40	44	5:53	42.25	4:01:23	5:42	6	22:15	53	1:07:31