



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Hoffmann, Ingo

00: Schleusingen

00: 671

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:01:30

00: 10.50 km/h

0000: 5:43 min/km

00000/000: 59 (of 185)

00000/0: 54 (of 161)

000000: 2:53:52

00000: 7(of 30)

0000000: 3:39:08

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	17:17	5:19	7	3:32	59	5:30	3.25	17:17	5:19	7	3:32	59	5:30
00 2	3.25	17:48	5:28	10	3:44	79	17:47	6.50	35:05	5:23	9	7:16	68	17:50
00 3	3.25	17:55	5:30	9	3:26	74	5:05	9.75	53:00	5:26	9	10:42	69	19:36
00 4	3.25	18:04	5:33	9	3:13	71	5:06	13.00	1:11:04	5:28	9	13:55	67	21:25
00 5	3.25	17:44	5:27	7	2:18	59	4:32	16.25	1:28:48	5:27	8	16:13	64	25:13
00 6	3.25	17:42	5:26	6	1:32	49	4:24	19.50	1:46:30	5:27	8	17:45	61	29:37
00 7	3.25	17:55	5:30	5	1:31	49	4:33	22.75	2:04:25	5:28	7	19:16	59	33:57
00 8	3.25	18:39	5:44	7	1:42	59	18:38	26.00	2:23:04	5:30	7	20:30	58	38:51
00 9	3.25	18:49	5:47	7	1:46	56	4:50	29.25	2:41:53	5:32	7	21:23	57	43:41
00 10	3.25	19:09	5:53	5	2:00	53	5:13	32.50	3:01:02	5:34	7	21:03	57	48:44
00 11	3.25	19:44	6:04	6	2:18	54	19:43	35.75	3:20:46	5:36	6	20:11	56	54:27
00 12	3.25	19:58	6:08	6	2:45	53	6:08	39.00	3:40:44	5:39	6	19:11	53	1:00:23
000 00	3.25	20:46	6:23	12	3:31	72	7:44	42.25	4:01:30	5:42	7	22:22	54	1:07:38