



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Dittmann, Daniel

00: Tough Monks

00: 626

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 4:03:10

00: 10.36 km/h

0000: 5:46 min/km

00000/000: 64 (of 185)

00000/0: 59 (of 161)

000000: 2:53:52

00000: 8(of 13)

0000000: 2:53:52

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	17:53	5:30	9	6:06	85	6:06	3.25	17:53	5:30	9	6:06	85	6:06
00 2	3.25	18:02	5:32	9	18:01	90	18:01	6.50	35:55	5:31	9	18:40	87	18:40
00 3	3.25	18:09	5:35	8	5:19	78	5:19	9.75	54:04	5:32	8	20:40	85	20:40
00 4	3.25	18:02	5:32	8	5:04	69	5:04	13.00	1:12:06	5:32	8	22:27	78	22:27
00 5	3.25	18:58	5:50	8	5:46	89	5:46	16.25	1:31:04	5:36	8	27:29	78	27:29
00 6	3.25	18:01	5:32	7	4:43	59	4:43	19.50	1:49:05	5:35	8	32:12	71	32:12
00 7	3.25	18:05	5:33	7	4:43	53	4:43	22.75	2:07:10	5:35	8	36:42	70	36:42
00 8	3.25	18:27	5:40	8	4:44	56	18:26	26.00	2:25:37	5:36	8	41:24	67	41:24
00 9	3.25	18:44	5:45	7	4:45	54	4:45	29.25	2:44:21	5:37	8	46:09	64	46:09
00 10	3.25	19:32	6:00	8	5:36	61	5:36	32.50	3:03:53	5:39	8	51:35	63	51:35
00 11	3.25	20:34	6:19	8	6:34	66	20:33	35.75	3:24:27	5:43	8	58:08	62	58:08
00 12	3.25	19:50	6:06	6	6:00	50	6:00	39.00	3:44:17	5:45	8	1:03:56	59	1:03:56
000 00	3.25	18:53	5:48	4	5:51	43	5:51	42.25	4:03:10	5:45	8	1:09:18	59	1:09:18