



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Kluge, Dietmar

00: Reisegruppe Schlemmerblock

00: 705

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:04:05

00: 10.32 km/h

0000: 5:47 min/km

00000/000: 66 (of 185)

00000/0: 61 (of 161)

000000: 2:53:52

00000: 9(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	18:05	5:33	12	4:20	93	6:18	3.25	18:05	5:33	12	4:20	93	6:18
00 2	3.25	17:23	5:20	9	3:19	65	17:22	6.50	35:28	5:27	10	7:39	74	18:13
00 3	3.25	17:44	5:27	8	3:15	65	4:54	9.75	53:12	5:27	10	10:54	71	19:48
00 4	3.25	17:49	5:28	8	2:58	62	4:51	13.00	1:11:01	5:27	8	13:52	64	21:22
00 5	3.25	17:59	5:31	8	2:33	62	4:47	16.25	1:29:00	5:28	9	16:25	67	25:25
00 6	3.25	18:00	5:32	7	1:50	58	4:42	19.50	1:47:00	5:29	9	18:15	64	30:07
00 7	3.25	18:14	5:36	7	1:50	56	4:52	22.75	2:05:14	5:30	9	20:05	64	34:46
00 8	3.25	18:16	5:37	6	1:19	55	18:15	26.00	2:23:30	5:31	9	20:56	60	39:17
00 9	3.25	18:21	5:38	5	1:18	47	4:22	29.25	2:41:51	5:31	6	21:21	56	43:39
00 10	3.25	18:48	5:47	4	1:39	45	4:52	32.50	3:00:39	5:33	6	20:40	56	48:21
00 11	3.25	21:12	6:31	12	3:46	74	21:11	35.75	3:21:51	5:38	8	21:16	59	55:32
00 12	3.25	21:35	6:38	12	4:22	77	7:45	39.00	3:43:26	5:43	8	21:53	58	1:03:05
000 00	3.25	20:39	6:21	10	3:24	69	7:37	42.25	4:04:05	5:46	9	24:57	61	1:10:13