



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Krämer, Michael

00: Berlin

00: 711

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:08:14

00: 10.21 km/h

0000: 5:53 min/km

00000/0000: 71 (of 185)

00000/0: 66 (of 161)

000000: 2:53:52

00000: 14(of 25)

0000000: 3:06:58

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	17:37	5:25	15	5:33	72	5:50	3.25	17:37	5:25	15	5:33	72	5:50
00 2	3.25	18:13	5:36	19	5:30	98	18:12	6.50	35:50	5:30	17	11:03	85	18:35
00 3	3.25	18:09	5:35	15	5:09	78	5:19	9.75	53:59	5:32	17	16:12	84	20:35
00 4	3.25	18:19	5:38	16	5:13	77	5:21	13.00	1:12:18	5:33	16	21:25	80	22:39
00 5	3.25	18:41	5:44	17	5:15	80	5:29	16.25	1:30:59	5:35	16	26:40	77	27:24
00 6	3.25	19:03	5:51	16	5:26	79	5:45	19.50	1:50:02	5:38	16	32:06	79	33:09
00 7	3.25	18:22	5:39	12	4:23	57	5:00	22.75	2:08:24	5:38	15	36:29	74	37:56
00 8	3.25	18:28	5:40	11	18:27	58	18:27	26.00	2:26:52	5:38	15	40:28	71	42:39
00 9	3.25	18:56	5:49	12	4:04	58	4:57	29.25	2:45:48	5:40	14	44:32	68	47:36
00 10	3.25	19:39	6:02	12	3:55	66	5:43	32.50	3:05:27	5:42	13	48:01	66	53:09
00 11	3.25	20:36	6:20	12	4:38	67	20:35	35.75	3:26:03	5:45	13	51:44	64	59:44
00 12	3.25	21:13	6:31	12	4:54	72	7:23	39.00	3:47:16	5:49	13	56:13	66	1:06:55
000 00	3.25	20:58	6:27	13	5:03	74	7:56	42.25	4:08:14	5:52	14	1:01:16	66	1:14:22