



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Fender, Norbert

00: Rutesheim

00: 633

00: 42.25 km

Marathon

0000:

Senioren M60 (60-64 Jahre)

000: 4:09:33

00: 10.16 km/h

0000: 5:55 min/km

00000/0000: 73 (of 185)

00000/0: 68 (of 161)

000000: 2:53:52

00000: 5(of 12)

0000000: 3:31:08

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	18:45	5:46	7	4:15	104	6:58	3.25	18:45	5:46	7	4:15	104	6:58
00 2	3.25	17:53	5:30	7	3:13	83	17:52	6.50	36:38	5:38	7	7:28	98	19:23
00 3	3.25	18:10	5:35	7	3:17	81	5:20	9.75	54:48	5:37	7	10:45	90	21:24
00 4	3.25	18:20	5:38	5	3:27	78	5:22	13.00	1:13:08	5:37	7	14:12	85	23:29
00 5	3.25	18:59	5:50	6	3:55	92	5:47	16.25	1:32:07	5:40	6	18:07	85	28:32
00 6	3.25	18:26	5:40	5	3:08	68	5:08	19.50	1:50:33	5:40	6	21:15	83	33:40
00 7	3.25	19:16	5:55	5	3:45	76	5:54	22.75	2:09:49	5:42	6	25:00	80	39:21
00 8	3.25	18:49	5:47	5	2:40	63	18:48	26.00	2:28:38	5:43	5	27:40	77	44:25
00 9	3.25	20:03	6:10	5	3:04	73	6:04	29.25	2:48:41	5:46	5	30:44	77	50:29
00 10	3.25	19:24	5:58	4	2:04	56	5:28	32.50	3:08:05	5:47	5	32:10	72	55:47
00 11	3.25	20:55	6:26	5	3:14	72	20:54	35.75	3:29:00	5:50	5	35:01	70	1:02:41
00 12	3.25	20:54	6:25	4	2:41	64	7:04	39.00	3:49:54	5:53	5	37:30	70	1:09:33
000 00	3.25	19:39	6:02	5	3:02	56	6:37	42.25	4:09:33	5:54	5	38:25	68	1:15:41