



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Hartl, Manuel

00: Oberursel

00: 658

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:09:42

00: 10.15 km/h

0000: 5:55 min/km

00000/000: 74 (of 185)

00000/0: 69 (of 161)

000000: 2:53:52

00000: 12(of 24)

0000000: 3:10:07

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	17:56	5:31	15	6:01	89	6:09	3.25	17:56	5:31	15	6:01	89	6:09
00 2	3.25	18:31	5:41	19	6:00	103	18:30	6.50	36:27	5:36	19	12:01	96	19:12
00 3	3.25	18:31	5:41	17	5:37	93	5:41	9.75	54:58	5:38	17	17:38	93	21:34
00 4	3.25	19:07	5:52	16	5:49	97	6:09	13.00	1:14:05	5:41	18	23:27	96	24:26
00 5	3.25	18:48	5:47	15	5:22	87	5:36	16.25	1:32:53	5:42	17	28:49	93	29:18
00 6	3.25	18:46	5:46	13	4:57	74	5:28	19.50	1:51:39	5:43	16	33:46	89	34:46
00 7	3.25	19:04	5:51	12	5:10	70	5:42	22.75	2:10:43	5:44	14	38:56	83	40:15
00 8	3.25	19:42	6:03	14	5:13	80	19:41	26.00	2:30:25	5:47	13	44:09	82	46:12
00 9	3.25	20:33	6:19	14	5:50	83	6:34	29.25	2:50:58	5:50	13	49:55	83	52:46
00 10	3.25	20:14	6:13	13	5:09	74	6:18	32.50	3:11:12	5:52	13	53:12	81	58:54
00 11	3.25	19:35	6:01	13	19:34	51	19:34	35.75	3:30:47	5:53	13	54:06	76	1:04:28
00 12	3.25	19:37	6:02	11	4:52	47	5:47	39.00	3:50:24	5:54	12	55:28	71	1:10:03
000 00	3.25	19:18	5:56	10	4:59	52	6:16	42.25	4:09:42	5:54	12	59:35	69	1:15:50