



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Rückert, Jens

00: Arnstadt

00: 772

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 4:11:54

00: 10.06 km/h

0000: 5:58 min/km

00000/000: 80 (of 185)

00000/0: 75 (of 161)

000000: 2:53:52

00000: 17(of 40)

0000000: 3:16:10

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	18:12	5:35	20	5:22	94	6:25	3.25	18:12	5:35	20	5:22	94	6:25
00 2	3.25	17:46	5:28	16	4:19	78	17:45	6.50	35:58	5:31	18	9:41	88	18:43
00 3	3.25	17:50	5:29	15	4:03	69	5:00	9.75	53:48	5:31	17	13:44	78	20:24
00 4	3.25	17:59	5:31	12	3:50	65	5:01	13.00	1:11:47	5:31	15	17:34	76	22:08
00 5	3.25	18:25	5:40	15	4:10	74	5:13	16.25	1:30:12	5:33	15	21:44	72	26:37
00 6	3.25	19:12	5:54	17	4:40	82	5:54	19.50	1:49:24	5:36	15	26:24	75	32:31
00 7	3.25	18:50	5:47	15	4:02	68	5:28	22.75	2:08:14	5:38	16	30:26	73	37:46
00 8	3.25	19:48	6:05	20	4:57	81	19:47	26.00	2:28:02	5:41	16	35:05	74	43:49
00 9	3.25	20:11	6:12	18	4:32	79	6:12	29.25	2:48:13	5:45	17	39:37	75	50:01
00 10	3.25	20:37	6:20	18	4:38	77	6:41	32.50	3:08:50	5:48	16	44:15	74	56:32
00 11	3.25	20:49	6:24	16	4:36	70	20:48	35.75	3:29:39	5:51	16	48:23	74	1:03:20
00 12	3.25	21:09	6:30	18	4:54	71	7:19	39.00	3:50:48	5:55	16	52:06	74	1:10:27
000 00	3.25	21:06	6:29	20	4:53	75	8:04	42.25	4:11:54	5:57	17	55:44	75	1:18:02