



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

**Nolte, Christoph**

00: CaBa`s CaBaNauTeN

00: 742

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:15:44

00: 9.91 km/h

0000: 6:03 min/km

00000/0000: 85 (of 185)

00000/0: 78 (of 161)

000000: 2:53:52

00000: 14(of 24)

0000000: 3:10:07

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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	19:38	6:02	21	7:43	122	7:51	3.25	19:38	6:02	21	7:43	122	7:51
00 2	3.25	18:11	5:35	17	5:40	96	18:10	6.50	37:49	5:49	20	13:23	112	20:34
00 3	3.25	18:58	5:50	19	6:04	105	6:08	9.75	56:47	5:49	20	19:27	109	23:23
00 4	3.25	19:15	5:55	18	5:57	102	6:17	13.00	1:16:02	5:50	20	25:24	108	26:23
00 5	3.25	18:49	5:47	16	5:23	88	5:37	16.25	1:34:51	5:50	19	30:47	104	31:16
00 6	3.25	19:18	5:56	16	5:29	87	6:00	19.50	1:54:09	5:51	18	36:16	100	37:16
00 7	3.25	19:11	5:54	13	5:17	73	5:49	22.75	2:13:20	5:51	18	41:33	97	42:52
00 8	3.25	19:30	6:00	13	5:01	75	19:29	26.00	2:32:50	5:52	16	46:34	94	48:37
00 9	3.25	19:06	5:52	12	4:23	61	5:07	29.25	2:51:56	5:52	14	50:53	86	53:44
00 10	3.25	19:37	6:02	12	4:32	65	5:41	32.50	3:11:33	5:53	14	53:33	82	59:15
00 11	3.25	21:23	6:34	15	21:22	79	21:22	35.75	3:32:56	5:57	15	56:15	83	1:06:37
00 12	3.25	21:19	6:33	14	6:34	75	7:29	39.00	3:54:15	6:00	14	59:19	80	1:13:54
000 00	3.25	21:29	6:36	15	7:10	81	8:27	42.25	4:15:44	6:03	14	1:05:37	78	1:21:52