



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Helmich, Patrick

00: Leipzig

00: 664

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:17:22

00: 9.85 km/h

0000: 6:05 min/km

00000/000: 90 (of 185)

00000/0: 83 (of 161)

000000: 2:53:52

00000: 5(of 12)

0000000: 3:32:46

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	18:40	5:44	9	5:53	102	6:53	3.25	18:40	5:44	9	5:53	102	6:53
00 2	3.25	17:42	5:26	8	3:55	74	17:41	6.50	36:22	5:35	8	9:48	95	19:07
00 3	3.25	17:30	5:23	6	3:37	62	4:40	9.75	53:52	5:31	8	13:25	80	20:28
00 4	3.25	17:45	5:27	5	3:40	58	4:47	13.00	1:11:37	5:30	6	17:05	72	21:58
00 5	3.25	17:15	5:18	5	2:43	48	4:03	16.25	1:28:52	5:28	6	19:48	65	25:17
00 6	3.25	18:09	5:35	6	2:55	61	4:51	19.50	1:47:01	5:29	6	22:43	65	30:08
00 7	3.25	19:27	5:59	6	3:28	81	6:05	22.75	2:06:28	5:33	6	26:11	67	36:00
00 8	3.25	19:19	5:56	6	2:31	73	19:18	26.00	2:25:47	5:36	6	28:42	69	41:34
00 9	3.25	19:00	5:50	4	2:06	59	5:01	29.25	2:44:47	5:38	5	29:50	65	46:35
00 10	3.25	21:55	6:44	6	4:32	93	7:59	32.50	3:06:42	5:44	5	33:17	68	54:24
00 11	3.25	22:51	7:01	8	5:46	108	22:50	35.75	3:29:33	5:51	5	36:46	72	1:03:14
00 12	3.25	23:07	7:06	7	6:17	97	9:17	39.00	3:52:40	5:57	5	39:14	77	1:12:19
000 00	3.25	24:42	7:35	9	8:26	123	11:40	42.25	4:17:22	6:05	5	44:36	83	1:23:30