



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Bartholome, Maik

00: Umwelt-Campus Birkenfeld

00: 606

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:22:15

00: 9.61 km/h

0000: 6:13 min/km

00000/000: 96 (of 185)

00000/0: 89 (of 161)

000000: 2:53:52

00000: 6(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	17:34	5:24	6	4:47	69	5:47	3.25	17:34	5:24	6	4:47	69	5:47
00 2	3.25	17:41	5:26	7	3:54	71	17:40	6.50	35:15	5:25	7	8:41	72	18:00
00 3	3.25	18:21	5:38	8	4:28	85	5:31	9.75	53:36	5:29	7	13:09	75	20:12
00 4	3.25	19:32	6:00	10	5:27	109	6:34	13.00	1:13:08	5:37	8	18:36	85	23:29
00 5	3.25	19:20	5:56	8	4:48	101	6:08	16.25	1:32:28	5:41	9	23:24	90	28:53
00 6	3.25	20:23	6:16	10	5:09	119	7:05	19.50	1:52:51	5:47	9	28:33	92	35:58
00 7	3.25	20:33	6:19	9	4:34	103	7:11	22.75	2:13:24	5:51	9	33:07	98	42:56
00 8	3.25	21:06	6:29	9	4:18	108	21:05	26.00	2:34:30	5:56	9	37:25	99	50:17
00 9	3.25	22:14	6:50	8	5:20	117	8:15	29.25	2:56:44	6:02	9	41:47	101	58:32
00 10	3.25	22:07	6:48	7	4:44	98	8:11	32.50	3:18:51	6:07	8	45:26	98	1:06:33
00 11	3.25	21:48	6:42	5	4:43	85	21:47	35.75	3:40:39	6:10	8	47:52	97	1:14:20
00 12	3.25	20:54	6:25	4	4:04	64	7:04	39.00	4:01:33	6:11	6	48:07	92	1:21:12
000 00	3.25	20:42	6:22	3	4:26	70	7:40	42.25	4:22:15	6:12	6	49:29	89	1:28:23