



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Athmer, Elmar

00: Vellmar

00: 603

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:28:10

00: 9.45 km/h

0000: 6:21 min/km

00000/000: 104 (of 185)

00000/0: 97 (of 161)

000000: 2:53:52

00000: 7(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	19:36	6:01	10	6:49	119	7:49	3.25	19:36	6:01	10	6:49	119	7:49
00 2	3.25	18:49	5:47	9	5:02	109	18:48	6.50	38:25	5:54	10	11:51	116	21:10
00 3	3.25	19:32	6:00	10	5:39	120	6:42	9.75	57:57	5:56	10	17:30	116	24:33
00 4	3.25	18:48	5:47	8	4:43	87	5:50	13.00	1:16:45	5:54	10	22:13	112	27:06
00 5	3.25	19:35	6:01	9	5:03	103	6:23	16.25	1:36:20	5:55	10	27:16	112	32:45
00 6	3.25	20:16	6:14	9	5:02	116	6:58	19.50	1:56:36	5:58	10	32:18	111	39:43
00 7	3.25	20:39	6:21	10	4:40	105	7:17	22.75	2:17:15	6:01	10	36:58	108	46:47
00 8	3.25	20:53	6:25	7	4:05	102	20:52	26.00	2:38:08	6:04	10	41:03	108	53:55
00 9	3.25	21:08	6:30	6	4:14	90	7:09	29.25	2:59:16	6:07	10	44:19	106	1:01:04
00 10	3.25	21:24	6:35	5	4:01	86	7:28	32.50	3:20:40	6:10	10	47:15	102	1:08:22
00 11	3.25	21:45	6:41	4	4:40	83	21:44	35.75	3:42:25	6:13	9	49:38	100	1:16:06
00 12	3.25	22:30	6:55	5	5:40	88	8:40	39.00	4:04:55	6:16	7	51:29	97	1:24:34
000 00	3.25	23:15	7:09	8	6:59	108	10:13	42.25	4:28:10	6:20	7	55:24	97	1:34:18