



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Pitz, Markus

00: marathon4you.de

00: 752

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 4:29:46

00: 9.34 km/h

0000: 6:23 min/km

00000/000: 110 (of 185)

00000/0: 102 (of 161)

000000: 2:53:52

00000: 24(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	19:46	6:04	30	6:56	126	7:59	3.25	19:46	6:04	30	6:56	126	7:59
00 2	3.25	20:21	6:15	35	6:54	143	20:20	6.50	40:07	6:10	30	13:50	129	22:52
00 3	3.25	17:54	5:30	17	4:07	72	5:04	9.75	58:01	5:57	26	17:57	118	24:37
00 4	3.25	19:02	5:51	21	4:53	93	6:04	13.00	1:17:03	5:55	25	22:50	113	27:24
00 5	3.25	18:16	5:37	13	4:01	68	5:04	16.25	1:35:19	5:51	23	26:51	107	31:44
00 6	3.25	18:59	5:50	16	4:27	77	5:41	19.50	1:54:18	5:51	23	31:18	101	37:25
00 7	3.25	19:26	5:58	19	4:38	80	6:04	22.75	2:13:44	5:52	23	35:56	100	43:16
00 8	3.25	22:34	6:56	31	7:43	133	22:33	26.00	2:36:18	6:00	24	43:21	104	52:05
00 9	3.25	20:21	6:15	20	4:42	81	6:22	29.25	2:56:39	6:02	24	48:03	100	58:27
00 10	3.25	22:54	7:02	29	6:55	115	8:58	32.50	3:19:33	6:08	24	54:58	100	1:07:15
00 11	3.25	24:20	7:29	29	8:07	123	24:19	35.75	3:43:53	6:15	25	1:02:37	103	1:17:34
00 12	3.25	23:05	7:06	21	6:50	95	9:15	39.00	4:06:58	6:19	25	1:08:16	101	1:26:37
000 00	3.25	22:48	7:00	23	6:35	105	9:46	42.25	4:29:46	6:23	24	1:13:36	102	1:35:54