



14. Kristall-Marathon

Merkers / 16.02.2020

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Martinez cortes, David

□□: madrid

□□: 731

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:33:13

□□: 9.28 km/h

□□□□: 6:28 min/km

□□□□□/□□□: 117 (of 185)

□□□□□/□: 109 (of 161)

□□□□□□: 2:53:52

□□□□□: 21(of 25)

□□□□□□□: 3:06:58

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:23	5:39	19	6:19	99	6:36	3.25	18:23	5:39	19	6:19	99	6:36	
□□ 2	3.25	17:51	5:29	17	5:08	82	17:50	6.50	36:14	5:34	18	11:27	93	18:59	
□□ 3	3.25	18:34	5:42	18	5:34	94	5:44	9.75	54:48	5:37	18	17:01	90	21:24	
□□ 4	3.25	19:01	5:51	18	5:55	92	6:03	13.00	1:13:49	5:40	18	22:56	92	24:10	
□□ 5	3.25	19:34	6:01	19	6:08	102	6:22	16.25	1:33:23	5:44	19	29:04	94	29:48	
□□ 6	3.25	20:10	6:12	20	6:33	109	6:52	19.50	1:53:33	5:49	19	35:37	98	36:40	
□□ 7	3.25	20:40	6:21	19	6:41	106	7:18	22.75	2:14:13	5:53	19	42:18	101	43:45	
□□ 8	3.25	21:47	6:42	23	21:46	123	21:46	26.00	2:36:00	6:00	19	49:36	102	51:47	
□□ 9	3.25	22:28	6:54	22	7:36	119	8:29	29.25	2:58:28	6:06	19	57:12	104	1:00:16	
□□ 10	3.25	23:03	7:05	22	7:19	119	9:07	32.50	3:21:31	6:12	20	1:04:05	106	1:09:13	
□□ 11	3.25	23:34	7:15	23	7:36	119	23:33	35.75	3:45:05	6:17	19	1:10:46	107	1:18:46	
□□ 12	3.25	25:16	7:46	24	8:57	126	11:26	39.00	4:10:21	6:25	21	1:19:18	112	1:30:00	
□□□ □□	3.25	22:52	7:02	22	6:57	106	9:50	42.25	4:33:13	6:27	21	1:26:15	109	1:39:21	