



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Schenk, Hagen

00: München

00: 776

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 4:33:50

00: 9.26 km/h

0000: 6:29 min/km

00000/000: 119 (of 185)

00000/0: 111 (of 161)

000000: 2:53:52

00000: 9(of 13)

0000000: 2:53:52

0000

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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	7:49	119	7:49	3.25	19:36	6:01	10	7:49	119	7:49
00 2	3.25	18:56	5:49	10	18:55	115	18:55	6.50	38:32	5:55	10	21:17	117	21:17
00 3	3.25	19:28	5:59	10	6:38	116	6:38	9.75	58:00	5:56	10	24:36	117	24:36
00 4	3.25	19:45	6:04	11	6:47	116	6:47	13.00	1:17:45	5:58	10	28:06	117	28:06
00 5	3.25	19:40	6:03	9	6:28	107	6:28	16.25	1:37:25	5:59	10	33:50	115	33:50
00 6	3.25	19:31	6:00	8	6:13	96	6:13	19.50	1:56:56	5:59	10	40:03	113	40:03
00 7	3.25	20:49	6:24	9	7:27	113	7:27	22.75	2:17:45	6:03	9	47:17	112	47:17
00 8	3.25	21:42	6:40	9	7:59	121	21:41	26.00	2:39:27	6:07	9	55:14	110	55:14
00 9	3.25	21:23	6:34	9	7:24	99	7:24	29.25	3:00:50	6:10	9	1:02:38	109	1:02:38
00 10	3.25	22:57	7:03	9	9:01	117	9:01	32.50	3:23:47	6:16	9	1:11:29	109	1:11:29
00 11	3.25	22:50	7:01	9	8:50	106	22:49	35.75	3:46:37	6:20	9	1:20:18	111	1:20:18
00 12	3.25	23:17	7:09	9	9:27	103	9:27	39.00	4:09:54	6:24	9	1:29:33	110	1:29:33
000 00	3.25	23:56	7:21	8	10:54	115	10:54	42.25	4:33:50	6:28	9	1:39:58	111	1:39:58