



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Ziegler, Sven

00: 100 Marathon Club

00: 842

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:35:26

00: 9.15 km/h

0000: 6:31 min/km

00000/0000: 123 (of 185)

00000/0: 113 (of 161)

000000: 2:53:52

00000: 17(of 24)

0000000: 3:10:07

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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	20:11	6:12	22	8:16	129	8:24	3.25	20:11	6:12	22	8:16	129	8:24
00 2	3.25	19:33	6:00	21	7:02	127	19:32	6.50	39:44	6:06	22	15:18	126	22:29
00 3	3.25	20:51	6:24	23	7:57	146	8:01	9.75	1:00:35	6:12	22	23:15	137	27:11
00 4	3.25	20:41	6:21	23	7:23	142	7:43	13.00	1:21:16	6:15	23	30:38	141	31:37
00 5	3.25	21:22	6:34	22	7:56	145	8:10	16.25	1:42:38	6:18	23	38:34	140	39:03
00 6	3.25	21:32	6:37	22	7:43	139	8:14	19.50	2:04:10	6:22	23	46:17	142	47:17
00 7	3.25	21:21	6:34	19	7:27	126	7:59	22.75	2:25:31	6:23	22	53:44	134	55:03
00 8	3.25	21:22	6:34	16	6:53	114	21:21	26.00	2:46:53	6:25	22	1:00:37	135	1:02:40
00 9	3.25	21:51	6:43	15	7:08	111	7:52	29.25	3:08:44	6:27	21	1:07:41	133	1:10:32
00 10	3.25	21:37	6:39	16	6:32	89	7:41	32.50	3:30:21	6:28	20	1:12:21	129	1:18:03
00 11	3.25	22:38	6:57	17	22:37	99	22:37	35.75	3:52:59	6:31	20	1:16:18	126	1:26:40
00 12	3.25	21:55	6:44	15	7:10	82	8:05	39.00	4:14:54	6:32	20	1:19:58	121	1:34:33
000 00	3.25	20:32	6:19	13	6:13	67	7:30	42.25	4:35:26	6:31	17	1:25:19	113	1:41:34