



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Unger, Thomas

00: Laufftreff Arnstadt

00: 820

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 4:36:43

00: 9.16 km/h

0000: 6:33 min/km

00000/000: 126 (of 185)

00000/0: 116 (of 161)

000000: 2:53:52

00000: 28(of 40)

0000000: 3:16:10

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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	18:12	5:35	20	5:22	94	6:25	3.25	18:12	5:35	20	5:22	94	6:25
00 2	3.25	18:26	5:40	21	4:59	100	18:25	6.50	36:38	5:38	21	10:21	98	19:23
00 3	3.25	18:51	5:48	23	5:04	103	6:01	9.75	55:29	5:41	19	15:25	99	22:05
00 4	3.25	19:33	6:00	24	5:24	110	6:35	13.00	1:15:02	5:46	22	20:49	102	25:23
00 5	3.25	20:20	6:15	26	6:05	119	7:08	16.25	1:35:22	5:52	24	26:54	108	31:47
00 6	3.25	20:06	6:11	26	5:34	107	6:48	19.50	1:55:28	5:55	24	32:28	105	38:35
00 7	3.25	21:55	6:44	33	7:07	135	8:33	22.75	2:17:23	6:02	25	39:35	110	46:55
00 8	3.25	21:36	6:38	28	6:45	117	21:35	26.00	2:38:59	6:06	25	46:02	109	54:46
00 9	3.25	23:04	7:05	32	7:25	129	9:05	29.25	3:02:03	6:13	25	53:27	111	1:03:51
00 10	3.25	22:54	7:02	29	6:55	115	8:58	32.50	3:24:57	6:18	26	1:00:22	113	1:12:39
00 11	3.25	22:46	7:00	22	6:33	104	22:45	35.75	3:47:43	6:22	26	1:06:27	113	1:21:24
00 12	3.25	24:36	7:34	28	8:21	123	10:46	39.00	4:12:19	6:28	28	1:13:37	116	1:31:58
000 00	3.25	24:24	7:30	27	8:11	117	11:22	42.25	4:36:43	6:32	28	1:20:33	116	1:42:51