



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Schlöghofer, Günter

00: Laufstammtisch flotte Sohle

00: 777

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:37:23

00: 9.08 km/h

0000: 6:34 min/km

00000/000: 127 (of 185)

00000/0: 117 (of 161)

000000: 2:53:52

00000: 22(of 30)

0000000: 3:39:08

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	20:12	6:12	20	6:27	131	8:25	3.25	20:12	6:12	20	6:27	131	8:25
00 2	3.25	19:05	5:52	19	5:01	119	19:04	6.50	39:17	6:02	19	11:28	123	22:02
00 3	3.25	19:33	6:00	21	5:04	121	6:43	9.75	58:50	6:02	20	16:32	123	25:26
00 4	3.25	19:38	6:02	20	4:47	114	6:40	13.00	1:18:28	6:02	20	21:19	120	28:49
00 5	3.25	19:56	6:08	21	4:30	114	6:44	16.25	1:38:24	6:03	20	25:49	120	34:49
00 6	3.25	20:21	6:15	21	4:11	118	7:03	19.50	1:58:45	6:05	20	30:00	118	41:52
00 7	3.25	21:25	6:35	24	5:01	129	8:03	22.75	2:20:10	6:09	20	35:01	120	49:42
00 8	3.25	21:31	6:37	23	4:34	116	21:30	26.00	2:41:41	6:13	21	39:07	118	57:28
00 9	3.25	22:07	6:48	24	5:04	116	8:08	29.25	3:03:48	6:17	20	43:18	116	1:05:36
00 10	3.25	22:45	7:00	24	5:36	113	8:49	32.50	3:26:33	6:21	20	46:34	116	1:14:15
00 11	3.25	23:09	7:07	23	5:43	115	23:08	35.75	3:49:42	6:25	22	49:07	117	1:23:23
00 12	3.25	24:07	7:25	22	6:54	114	10:17	39.00	4:13:49	6:30	22	52:16	118	1:33:28
000 00	3.25	23:34	7:15	23	6:19	112	10:32	42.25	4:37:23	6:33	22	58:15	117	1:43:31