



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Hörnig, Bastian

00: LG Deiringsen

00: 680

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:38:18

00: 9.05 km/h

0000: 6:35 min/km

00000/000: 129 (of 185)

00000/0: 119 (of 161)

000000: 2:53:52

00000: 18(of 24)

0000000: 3:10:07

0000

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	18:04	5:33	17	6:09	92	6:17	3.25	18:04	5:33	17	6:09	92	6:17
00 2	3.25	17:39	5:25	12	5:08	70	17:38	6.50	35:43	5:29	15	11:17	82	18:28
00 3	3.25	17:52	5:29	12	4:58	70	5:02	9.75	53:35	5:29	13	16:15	73	20:11
00 4	3.25	18:10	5:35	13	4:52	75	5:12	13.00	1:11:45	5:31	12	21:07	74	22:06
00 5	3.25	18:47	5:46	14	5:21	85	5:35	16.25	1:30:32	5:34	12	26:28	75	26:57
00 6	3.25	19:43	6:03	17	5:54	100	6:25	19.50	1:50:15	5:39	13	32:22	80	33:22
00 7	3.25	21:17	6:32	17	7:23	122	7:55	22.75	2:11:32	5:46	16	39:45	88	41:04
00 8	3.25	24:31	7:32	23	10:02	151	24:30	26.00	2:36:03	6:00	18	49:47	103	51:50
00 9	3.25	24:11	7:26	19	9:28	140	10:12	29.25	3:00:14	6:09	18	59:11	108	1:02:02
00 10	3.25	25:37	7:52	22	10:32	148	11:41	32.50	3:25:51	6:20	18	1:07:51	114	1:13:33
00 11	3.25	24:21	7:29	20	24:20	124	24:20	35.75	3:50:12	6:26	19	1:13:31	119	1:23:53
00 12	3.25	23:48	7:19	17	9:03	111	9:58	39.00	4:14:00	6:30	19	1:19:04	119	1:33:39
000 00	3.25	24:18	7:28	17	9:59	116	11:16	42.25	4:38:18	6:35	18	1:28:11	119	1:44:26