



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Uhlmann, Holger

00: SG Oberlichtenau

00: 818

00: 42.25 km

Marathon

0000:

Senioren M60 (60-64 Jahre)

000: 4:38:54

00: 9.04 km/h

0000: 6:36 min/km

00000/000: 131 (of 185)

00000/0: 121 (of 161)

000000: 2:53:52

00000: 6(of 12)

0000000: 3:31:08

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	17:04	5:15	5	2:34	52	5:17	3.25	17:04	5:15	5	2:34	52	5:17
00 2	3.25	17:45	5:27	6	3:05	76	17:44	6.50	34:49	5:21	6	5:39	63	17:34
00 3	3.25	17:55	5:30	6	3:02	74	5:05	9.75	52:44	5:24	6	8:41	65	19:20
00 4	3.25	18:38	5:44	6	3:45	83	5:40	13.00	1:11:22	5:29	6	12:26	70	21:43
00 5	3.25	18:45	5:46	5	3:41	84	5:33	16.25	1:30:07	5:32	5	16:07	71	26:32
00 6	3.25	19:25	5:58	6	4:07	93	6:07	19.50	1:49:32	5:37	5	20:14	77	32:39
00 7	3.25	19:54	6:07	6	4:23	92	6:32	22.75	2:09:26	5:41	5	24:37	79	38:58
00 8	3.25	21:20	6:33	7	5:11	113	21:19	26.00	2:30:46	5:47	6	29:48	86	46:33
00 9	3.25	22:43	6:59	8	5:44	120	8:44	29.25	2:53:29	5:55	6	35:32	91	55:17
00 10	3.25	24:40	7:35	8	7:20	136	10:44	32.50	3:18:09	6:05	6	42:14	97	1:05:51
00 11	3.25	26:20	8:06	9	8:39	144	26:19	35.75	3:44:29	6:16	6	50:30	106	1:18:10
00 12	3.25	25:26	7:49	7	7:13	130	11:36	39.00	4:09:55	6:24	6	57:31	111	1:29:34
000 00	3.25	28:59	8:55	11	12:22	144	15:57	42.25	4:38:54	6:36	6	1:07:46	121	1:45:02