



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Jockschat, Marcus

00: Gelsenkirchen

00: 693

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:46:20

00: 8.80 km/h

0000: 6:47 min/km

00000/000: 147 (of 185)

00000/0: 132 (of 161)

000000: 2:53:52

00000: 25(of 30)

0000000: 3:39:08

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	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	19:11	5:54	20	5:07	121	19:10	6.50	39:23	6:03	20	11:34	124	22:08
00 3	3.25	19:07	5:52	16	4:38	107	6:17	9.75	58:30	6:00	19	16:12	120	25:06
00 4	3.25	19:21	5:57	17	4:30	105	6:23	13.00	1:17:51	5:59	19	20:42	118	28:12
00 5	3.25	19:55	6:07	20	4:29	113	6:43	16.25	1:37:46	6:00	19	25:11	117	34:11
00 6	3.25	20:13	6:13	18	4:03	112	6:55	19.50	1:57:59	6:03	19	29:14	116	41:06
00 7	3.25	20:59	6:27	22	4:35	118	7:37	22.75	2:18:58	6:06	19	33:49	113	48:30
00 8	3.25	22:06	6:48	25	5:09	126	22:05	26.00	2:41:04	6:11	20	38:30	114	56:51
00 9	3.25	23:24	7:11	28	6:21	134	9:25	29.25	3:04:28	6:18	21	43:58	119	1:06:16
00 10	3.25	23:57	7:22	26	6:48	128	10:01	32.50	3:28:25	6:24	23	48:26	121	1:16:07
00 11	3.25	24:14	7:27	25	6:48	121	24:13	35.75	3:52:39	6:30	24	52:04	125	1:26:20
00 12	3.25	26:20	8:06	26	9:07	137	12:30	39.00	4:18:59	6:38	24	57:26	128	1:38:38
000 00	3.25	27:21	8:24	26	10:06	141	14:19	42.25	4:46:20	6:46	25	1:07:12	132	1:52:28