



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Raithel, Gerhard

00: United Runners of Pfalz / LT WaB

00: 760

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:53:57

00: 8.57 km/h

0000: 6:58 min/km

00000/000: 157 (of 185)

00000/0: 141 (of 161)

000000: 2:53:52

00000: 27(of 30)

0000000: 3:39:08

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	21:51	6:43	29	8:06	156	10:04	3.25	21:51	6:43	29	8:06	156	10:04
00 2	3.25	19:46	6:04	26	5:42	137	19:45	6.50	41:37	6:24	27	13:48	147	24:22
00 3	3.25	20:24	6:16	26	5:55	140	7:34	9.75	1:02:01	6:21	26	19:43	147	28:37
00 4	3.25	20:10	6:12	22	5:19	124	7:12	13.00	1:22:11	6:19	26	25:02	143	32:32
00 5	3.25	20:31	6:18	24	5:05	123	7:19	16.25	1:42:42	6:19	26	30:07	141	39:07
00 6	3.25	20:58	6:27	25	4:48	130	7:40	19.50	2:03:40	6:20	25	34:55	139	46:47
00 7	3.25	22:23	6:53	26	5:59	142	9:01	22.75	2:26:03	6:25	26	40:54	140	55:35
00 8	3.25	22:41	6:58	27	5:44	136	22:40	26.00	2:48:44	6:29	26	46:10	138	1:04:31
00 9	3.25	23:01	7:04	26	5:58	128	9:02	29.25	3:11:45	6:33	26	51:15	137	1:13:33
00 10	3.25	23:37	7:15	25	6:28	125	9:41	32.50	3:35:22	6:37	26	55:23	136	1:23:04
00 11	3.25	25:05	7:43	27	7:39	134	25:04	35.75	4:00:27	6:43	27	59:52	139	1:34:08
00 12	3.25	27:18	8:24	27	10:05	145	13:28	39.00	4:27:45	6:51	27	1:06:12	141	1:47:24
000 00	3.25	26:12	8:03	25	8:57	133	13:10	42.25	4:53:57	6:57	27	1:14:49	141	2:00:05