



14. Kristall-Marathon

Merkers / 16.02.2020

0000

CaBa, John

00: CaBa`s CaBaNauTeN

00: 616

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:55:03

00: 8.59 km/h

0000: 6:59 min/km

00000/000: 160 (of 185)

00000/0: 144 (of 161)

000000: 2:53:52

00000: 23(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	21:00	6:27	23	9:05	148	9:13	3.25	21:00	6:27	23	9:05	148	9:13
00 2	3.25	19:57	6:08	23	7:26	138	19:56	6.50	40:57	6:18	23	16:31	141	23:42
00 3	3.25	19:54	6:07	21	7:00	130	7:04	9.75	1:00:51	6:14	23	23:31	138	27:27
00 4	3.25	20:16	6:14	21	6:58	131	7:18	13.00	1:21:07	6:14	22	30:29	139	31:28
00 5	3.25	20:34	6:19	20	7:08	124	7:22	16.25	1:41:41	6:15	22	37:37	131	38:06
00 6	3.25	20:46	6:23	19	6:57	123	7:28	19.50	2:02:27	6:16	22	44:34	132	45:34
00 7	3.25	21:26	6:35	21	7:32	130	8:04	22.75	2:23:53	6:19	21	52:06	132	53:25
00 8	3.25	22:25	6:53	19	7:56	131	22:24	26.00	2:46:18	6:23	21	1:00:02	134	1:02:05
00 9	3.25	23:59	7:22	18	9:16	138	10:00	29.25	3:10:17	6:30	22	1:09:14	135	1:12:05
00 10	3.25	25:25	7:49	21	10:20	145	11:29	32.50	3:35:42	6:38	22	1:17:42	137	1:23:24
00 11	3.25	26:03	8:00	23	26:02	141	26:02	35.75	4:01:45	6:45	22	1:25:04	142	1:35:26
00 12	3.25	27:03	8:19	22	12:18	144	13:13	39.00	4:28:48	6:53	22	1:33:52	142	1:48:27
000 00	3.25	26:15	8:04	21	11:56	135	13:13	42.25	4:55:03	6:59	23	1:44:56	144	2:01:11