



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Walter, Mario

00: CaBa`s CaBaNauTeN

00: 823

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 4:57:46

00: 8.51 km/h

0000: 7:03 min/km

00000/000: 162 (of 185)

00000/0: 146 (of 161)

000000: 2:53:52

00000: 11(of 13)

0000000: 2:53:52

0000

0000

000

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	21:21	6:34	12	9:34	153	9:34	3.25	21:21	6:34	12	9:34	153	9:34
00 2	3.25	20:39	6:21	11	20:38	147	20:38	6.50	42:00	6:27	12	24:45	152	24:45
00 3	3.25	20:59	6:27	11	8:09	149	8:09	9.75	1:02:59	6:27	11	29:35	151	29:35
00 4	3.25	19:33	6:00	9	6:35	110	6:35	13.00	1:22:32	6:20	11	32:53	145	32:53
00 5	3.25	20:34	6:19	10	7:22	124	7:22	16.25	1:43:06	6:20	11	39:31	143	39:31
00 6	3.25	21:44	6:41	11	8:26	144	8:26	19.50	2:04:50	6:24	11	47:57	143	47:57
00 7	3.25	22:11	6:49	10	8:49	138	8:49	22.75	2:27:01	6:27	11	56:33	144	56:33
00 8	3.25	24:55	7:40	11	11:12	153	24:54	26.00	2:51:56	6:36	11	1:07:43	147	1:07:43
00 9	3.25	22:54	7:02	10	8:55	126	8:55	29.25	3:14:50	6:39	11	1:16:38	143	1:16:38
00 10	3.25	24:59	7:41	11	11:03	139	11:03	32.50	3:39:49	6:45	11	1:27:31	145	1:27:31
00 11	3.25	25:21	7:48	10	11:21	138	25:20	35.75	4:05:10	6:51	11	1:38:51	145	1:38:51
00 12	3.25	26:31	8:09	11	12:41	141	12:41	39.00	4:31:41	6:57	11	1:51:20	146	1:51:20
000 00	3.25	26:05	8:01	10	13:03	132	13:03	42.25	4:57:46	7:02	11	2:03:54	146	2:03:54