



# 14. Kristall-Marathon

Merkers / 16.02.2020

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Gerlach, Joerg

00: 100 Marathon Club Deutschland

00: 643

00: 42.25 km

Marathon

0000:

Senioren M60 (60-64 Jahre)

000: 4:58:13

00: 8.50 km/h

0000: 7:04 min/km

00000/000: 164 (of 185)

00000/0: 148 (of 161)

000000: 2:53:52

00000: 10(of 12)

0000000: 3:31:08

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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	21:16	6:32	12	6:46	152	9:29	3.25	21:16	6:32	12	6:46	152	9:29
00 2	3.25	19:43	6:03	10	5:03	133	19:42	6.50	40:59	6:18	11	11:49	142	23:44
00 3	3.25	20:11	6:12	9	5:18	136	7:21	9.75	1:01:10	6:16	10	17:07	142	27:46
00 4	3.25	21:16	6:32	11	6:23	149	8:18	13.00	1:22:26	6:20	10	23:30	144	32:47
00 5	3.25	21:20	6:33	9	6:16	142	8:08	16.25	1:43:46	6:23	10	29:46	145	40:11
00 6	3.25	21:38	6:39	9	6:20	142	8:20	19.50	2:05:24	6:25	11	36:06	145	48:31
00 7	3.25	24:32	7:32	11	9:01	154	11:10	22.75	2:29:56	6:35	10	45:07	148	59:28
00 8	3.25	23:16	7:09	9	7:07	142	23:15	26.00	2:53:12	6:39	10	52:14	149	1:08:59
00 9	3.25	24:24	7:30	10	7:25	144	10:25	29.25	3:17:36	6:45	11	59:39	151	1:19:24
00 10	3.25	24:54	7:39	9	7:34	138	10:58	32.50	3:42:30	6:50	10	1:06:35	150	1:30:12
00 11	3.25	26:32	8:09	10	8:51	146	26:31	35.75	4:09:02	6:57	10	1:15:03	150	1:42:43
00 12	3.25	26:29	8:08	10	8:16	140	12:39	39.00	4:35:31	7:03	10	1:23:07	148	1:55:10
000 00	3.25	22:42	6:59	6	6:05	104	9:40	42.25	4:58:13	7:03	10	1:27:05	148	2:04:21