



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Grun, Jürgen

00: Marathonteam

00: 651

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 5:07:38

00: 8.24 km/h

0000: 7:17 min/km

00000/000: 168 (of 185)

00000/0: 152 (of 161)

000000: 2:53:52

00000: 37(of 40)

0000000: 3:16:10

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	18:28	5:40	23	5:38	100	6:41	3.25	18:28	5:40	23	5:38	100	6:41
00 2	3.25	19:21	5:57	28	5:54	124	19:20	6.50	37:49	5:49	26	11:32	112	20:34
00 3	3.25	20:50	6:24	36	7:03	145	8:00	9.75	58:39	6:00	28	18:35	121	25:15
00 4	3.25	22:13	6:50	38	8:04	155	9:15	13.00	1:20:52	6:13	32	26:39	135	31:13
00 5	3.25	22:11	6:49	37	7:56	153	8:59	16.25	1:43:03	6:20	35	34:35	142	39:28
00 6	3.25	23:36	7:15	38	9:04	156	10:18	19.50	2:06:39	6:29	36	43:39	148	49:46
00 7	3.25	25:05	7:43	39	10:17	155	11:43	22.75	2:31:44	6:40	37	53:56	152	1:01:16
00 8	3.25	24:56	7:40	39	10:05	154	24:55	26.00	2:56:40	6:47	37	1:03:43	152	1:12:27
00 9	3.25	25:15	7:46	36	9:36	149	11:16	29.25	3:21:55	6:54	37	1:13:19	152	1:23:43
00 10	3.25	25:59	7:59	38	10:00	150	12:03	32.50	3:47:54	7:00	37	1:23:19	152	1:35:36
00 11	3.25	26:42	8:12	35	10:29	148	26:41	35.75	4:14:36	7:07	37	1:33:20	152	1:48:17
00 12	3.25	25:48	7:56	34	9:33	134	11:58	39.00	4:40:24	7:11	37	1:41:42	152	2:00:03
000 00	3.25	27:14	8:22	34	11:01	140	14:12	42.25	5:07:38	7:16	37	1:51:28	152	2:13:46