



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Bartsch, Frank

00: Freiwillige Feuerwehr Bergkamen

00: 607

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 5:28:34

00: 7.67 km/h

0000: 7:47 min/km

00000/0000: 179 (of 185)

00000/0: 156 (of 161)

000000: 2:53:52

00000: 29(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	21:46	6:41	28	8:01	155	9:59	3.25	21:46	6:41	28	8:01	155	9:59
00 2	3.25	21:45	6:41	30	7:41	156	21:44	6.50	43:31	6:41	30	15:42	157	26:16
00 3	3.25	21:40	6:40	29	7:11	153	8:50	9.75	1:05:11	6:41	30	22:53	157	31:47
00 4	3.25	22:14	6:50	29	7:23	156	9:16	13.00	1:27:25	6:43	30	30:16	156	37:46
00 5	3.25	22:29	6:55	30	7:03	157	9:17	16.25	1:49:54	6:45	30	37:19	156	46:19
00 6	3.25	23:34	7:15	30	7:24	155	10:16	19.50	2:13:28	6:50	30	44:43	156	56:35
00 7	3.25	25:23	7:48	30	8:59	157	12:01	22.75	2:38:51	6:58	30	53:42	156	1:08:23
00 8	3.25	27:06	8:20	30	10:09	157	27:05	26.00	3:05:57	7:09	30	1:03:23	156	1:21:44
00 9	3.25	27:31	8:28	30	10:28	156	13:32	29.25	3:33:28	7:17	30	1:12:58	156	1:35:16
00 10	3.25	28:05	8:38	30	10:56	157	14:09	32.50	4:01:33	7:25	30	1:21:34	157	1:49:15
00 11	3.25	28:47	8:51	30	11:21	153	28:46	35.75	4:30:20	7:33	30	1:29:45	157	2:04:01
00 12	3.25	27:41	8:31	28	10:28	147	13:51	39.00	4:58:01	7:38	30	1:36:28	157	2:17:40
000 00	3.25	30:33	9:24	28	13:18	150	17:31	42.25	5:28:34	7:46	29	1:49:26	156	2:34:42