



# 10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Kiehl, Daniel

□□: Kerpen

□□: 353

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 2:00:01

□□: 11.00 km/h

□□□□: 5:17 min/km

□□□□□/□□□: 60 (of 159)

□□□□□/□: 53 (of 122)

□□□□□□: 1:28:31

□□□□□: 11(of 18)

□□□□□□□: 1:42:28

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 16:10    | 4:58         | 10      | 3:32    | 52      | 4:25    | 3.25  | 16:10     | 4:58          | 10      | 3:32    | 52      | 4:25    |
| □□ 2   | 3.25     | 16:16    | 5:00         | 9       | 2:41    | 43      | 3:54    | 6.50  | 32:26     | 4:59          | 9       | 5:54    | 46      | 8:14    |
| □□ 3   | 3.25     | 16:40    | 5:07         | 11      | 2:03    | 49      | 4:09    | 9.75  | 49:06     | 5:02          | 9       | 7:33    | 46      | 12:23   |
| □□ 4   | 3.25     | 17:03    | 5:14         | 11      | 2:33    | 48      | 4:21    | 13.00 | 1:06:09   | 5:05          | 10      | 9:58    | 46      | 16:27   |
| □□ 5   | 3.25     | 17:54    | 5:30         | 13      | 2:45    | 58      | 4:58    | 16.25 | 1:24:03   | 5:10          | 10      | 12:42   | 48      | 21:24   |
| □□ 6   | 3.25     | 18:03    | 5:33         | 12      | 2:25    | 58      | 5:08    | 19.50 | 1:42:06   | 5:14          | 11      | 15:07   | 53      | 26:17   |
| □□□ □□ | 3.25     | 17:55    | 5:30         | 12      | 3:03    | 54      | 5:18    | 22.75 | 2:00:01   | 5:16          | 11      | 17:33   | 53      | 31:30   |