



# 10. Kristall-Marathon

Merkers / 14.02.2016

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Kuester, Torsten

□□: SV 1885 Teutschenthal

□□: 362

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:11:31

□□: 10.04 km/h

□□□□: 5:47 min/km

□□□□□/□□□: 92 (of 159)

□□□□□/□: 75 (of 122)

□□□□□□: 1:28:31

□□□□□: 10(of 17)

□□□□□□□: 1:40:23

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 15:28    | 4:45         | 4       | 2:15    | 40      | 3:43    | 3.25  | 15:28     | 4:45      | 4             | 2:15    | 40      | 3:43    |         |
| □□ 2   | 3.25     | 17:38    | 5:25         | 9       | 3:46    | 69      | 5:16    | 6.50  | 33:06     | 5:05      | 4             | 6:01    | 54      | 8:54    |         |
| □□ 3   | 3.25     | 18:05    | 5:33         | 9       | 4:00    | 69      | 5:34    | 9.75  | 51:11     | 5:14      | 4             | 10:01   | 59      | 14:28   |         |
| □□ 4   | 3.25     | 18:37    | 5:43         | 8       | 3:46    | 71      | 5:55    | 13.00 | 1:09:48   | 5:22      | 4             | 13:47   | 60      | 20:06   |         |
| □□ 5   | 3.25     | 20:15    | 6:13         | 12      | 5:26    | 94      | 7:19    | 16.25 | 1:30:03   | 5:32      | 9             | 19:13   | 66      | 27:24   |         |
| □□ 6   | 3.25     | 20:20    | 6:15         | 10      | 5:29    | 84      | 7:25    | 19.50 | 1:50:23   | 5:39      | 9             | 24:42   | 70      | 34:34   |         |
| □□□ □□ | 3.25     | 21:08    | 6:30         | 12      | 6:26    | 87      | 8:31    | 22.75 | 2:11:31   | 5:46      | 10            | 31:08   | 75      | 43:00   |         |