



10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Rainer, Christian

□□: Habakuk

□□: 396

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:14:59

□□: 9.78 km/h

□□□□: 5:56 min/km

□□□□□/□□□: 103 (of 159)

□□□□□/□: 81 (of 122)

□□□□□□: 1:28:31

□□□□□: 13(of 15)

□□□□□□□: 1:34:48

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:59 | 5:13 | 13 | 4:33 | 67 | 5:14 | 3.25 | 16:59 | 5:13 | 13 | 4:33 | 67 | 5:14 | |
| □□ 2 | 3.25 | 17:57 | 5:31 | 13 | 4:37 | 76 | 5:35 | 6.50 | 34:56 | 5:22 | 13 | 9:10 | 72 | 10:44 | |
| □□ 3 | 3.25 | 18:52 | 5:48 | 12 | 5:23 | 83 | 6:21 | 9.75 | 53:48 | 5:31 | 13 | 14:33 | 76 | 17:05 | |
| □□ 4 | 3.25 | 19:28 | 5:59 | 12 | 5:51 | 85 | 6:46 | 13.00 | 1:13:16 | 5:38 | 13 | 20:24 | 80 | 23:34 | |
| □□ 5 | 3.25 | 19:58 | 6:08 | 13 | 6:04 | 88 | 7:02 | 16.25 | 1:33:14 | 5:44 | 13 | 26:28 | 85 | 30:35 | |
| □□ 6 | 3.25 | 20:34 | 6:19 | 14 | 6:27 | 88 | 7:39 | 19.50 | 1:53:48 | 5:50 | 13 | 32:55 | 85 | 37:59 | |
| □□□ □□ | 3.25 | 21:11 | 6:31 | 14 | 7:16 | 89 | 8:34 | 22.75 | 2:14:59 | 5:55 | 13 | 40:11 | 81 | 46:28 | |