



10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Eichenauer, Uwe

□□: 1. SC Gießen Sachsenhausen

□□: 526

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:14:15

□□: 12.97 km/h

□□□□: 4:36 min/km

□□□□□/□□□□: 11 (of 119)

□□□□□/□: 11 (of 107)

□□□□□□: 2:53:03

□□□□□: 3(of 24)

□□□□□□□: 3:08:05

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 13:08 | 4:02 | 1 | - | 7 | 1:19 | 3.25 | 13:08 | 4:02 | 1 | - | 7 | 1:19 | |
| □□ 2 | 3.25 | 13:55 | 4:16 | 2 | 0:06 | 9 | 1:15 | 6.50 | 27:03 | 4:09 | 1 | - | 8 | 2:34 | |
| □□ 3 | 3.25 | 14:06 | 4:20 | 2 | 0:28 | 11 | 1:35 | 9.75 | 41:09 | 4:13 | 2 | 0:19 | 11 | 3:56 | |
| □□ 4 | 3.25 | 14:53 | 4:34 | 3 | 1:09 | 15 | 2:14 | 13.00 | 56:02 | 4:18 | 2 | 1:28 | 11 | 6:02 | |
| □□ 5 | 3.25 | 15:22 | 4:43 | 3 | 1:32 | 16 | 2:25 | 16.25 | 1:11:24 | 4:23 | 2 | 3:00 | 11 | 8:27 | |
| □□ 6 | 3.25 | 15:17 | 4:42 | 3 | 1:08 | 17 | 2:11 | 19.50 | 1:26:41 | 4:26 | 2 | 4:08 | 12 | 10:32 | |
| □□ 7 | 3.25 | 14:45 | 4:32 | 3 | 0:40 | 11 | 1:41 | 22.75 | 1:41:26 | 4:27 | 2 | 4:48 | 12 | 12:00 | |
| □□ 8 | 3.25 | 14:58 | 4:36 | 3 | 0:07 | 9 | 1:53 | 26.00 | 1:56:24 | 4:28 | 3 | 4:49 | 13 | 13:53 | |
| □□ 9 | 3.25 | 15:25 | 4:44 | 3 | 0:31 | 14 | 1:50 | 29.25 | 2:11:49 | 4:30 | 3 | 5:14 | 13 | 15:43 | |
| □□ 10 | 3.25 | 15:30 | 4:46 | 2 | 0:11 | 6 | 1:23 | 32.50 | 2:27:19 | 4:31 | 3 | 5:25 | 12 | 17:06 | |
| □□ 11 | 3.25 | 15:16 | 4:41 | 2 | 0:03 | 4 | 1:19 | 35.75 | 2:42:35 | 4:32 | 2 | 5:28 | 11 | 18:25 | |
| □□ 12 | 3.25 | 16:15 | 5:00 | 3 | 0:30 | 10 | 2:13 | 39.00 | 2:58:50 | 4:35 | 3 | 5:58 | 12 | 20:38 | |
| □□□ □□ | 3.25 | 15:25 | 4:44 | 2 | 0:12 | 4 | 0:34 | 42.25 | 3:14:15 | 4:35 | 3 | 6:10 | 11 | 21:12 | |