



10. Kristall-Marathon

Merkers / 14.02.2016

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Hirschberger, Torsten

□□: 100 Marathon Club

□□: 549

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:43:20

□□: 11.28 km/h

□□□□: 5:17 min/km

□□□□□/□□□□: 28 (of 119)

□□□□□/□: 28 (of 107)

□□□□□□: 2:53:03

□□□□□: 4(of 16)

□□□□□□□: 3:11:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:25	5:03	6	3:04	43	4:36	3.25	16:25	5:03	6	3:04	43	4:36	
□□ 2	3.25	16:39	5:07	5	2:54	46	3:59	6.50	33:04	5:05	6	5:58	46	8:35	
□□ 3	3.25	16:38	5:07	4	2:43	37	4:07	9.75	49:42	5:05	6	8:41	43	12:29	
□□ 4	3.25	16:55	5:12	7	2:50	43	4:16	13.00	1:06:37	5:07	6	11:31	43	16:37	
□□ 5	3.25	16:44	5:08	4	2:34	32	3:47	16.25	1:23:21	5:07	5	14:05	43	20:24	
□□ 6	3.25	17:06	5:15	8	2:39	40	4:00	19.50	1:40:27	5:09	6	16:44	41	24:18	
□□ 7	3.25	17:26	5:21	8	2:41	39	4:22	22.75	1:57:53	5:10	6	19:25	41	28:27	
□□ 8	3.25	17:13	5:17	6	2:09	29	4:08	26.00	2:15:06	5:11	6	21:34	39	32:35	
□□ 9	3.25	17:06	5:15	4	1:51	24	3:31	29.25	2:32:12	5:12	6	23:25	36	36:06	
□□ 10	3.25	17:27	5:22	5	1:56	26	3:20	32.50	2:49:39	5:13	5	25:21	34	39:26	
□□ 11	3.25	18:16	5:37	6	2:38	34	4:19	35.75	3:07:55	5:15	6	27:59	33	43:45	
□□ 12	3.25	18:10	5:35	5	2:24	22	4:08	39.00	3:26:05	5:17	4	30:23	31	47:53	
□□□ □□	3.25	17:15	5:18	4	1:47	20	2:24	42.25	3:43:20	5:17	4	32:10	28	50:17	