



# 10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Michaelis, Olli

□□: Meddys LWT Koblenz + TEA

□□: 502

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:44:43

□□: 11.28 km/h

□□□□: 5:19 min/km

□□□□□/□□□: 34 (of 119)

□□□□□/□: 34 (of 107)

□□□□□□: 2:53:03

□□□□□: 10(of 24)

□□□□□□□: 2:53:03

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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     | 15:53    | 4:53         | 10      | 3:47    | 38      | 4:04    | 3.25  | 15:53     | 4:53      | 10            | 3:47    | 38      | 4:04    |         |
| □□ 2   | 3.25     | 16:18    | 5:00         | 10      | 3:33    | 37      | 3:38    | 6.50  | 32:11     | 4:57      | 10            | 7:18    | 37      | 7:42    |         |
| □□ 3   | 3.25     | 16:30    | 5:04         | 10      | 3:59    | 34      | 3:59    | 9.75  | 48:41     | 4:59      | 10            | 11:02   | 36      | 11:28   |         |
| □□ 4   | 3.25     | 16:15    | 5:00         | 8       | 3:36    | 26      | 3:36    | 13.00 | 1:04:56   | 4:59      | 9             | 14:38   | 33      | 14:56   |         |
| □□ 5   | 3.25     | 16:56    | 5:12         | 10      | 3:58    | 36      | 3:59    | 16.25 | 1:21:52   | 5:02      | 9             | 18:36   | 32      | 18:55   |         |
| □□ 6   | 3.25     | 16:09    | 4:58         | 7       | 3:03    | 20      | 3:03    | 19.50 | 1:38:01   | 5:01      | 8             | 21:39   | 27      | 21:52   |         |
| □□ 7   | 3.25     | 16:30    | 5:04         | 7       | 3:26    | 22      | 3:26    | 22.75 | 1:54:31   | 5:02      | 8             | 25:05   | 26      | 25:05   |         |
| □□ 8   | 3.25     | 17:26    | 5:21         | 8       | 4:21    | 32      | 4:21    | 26.00 | 2:11:57   | 5:04      | 8             | 29:26   | 26      | 29:26   |         |
| □□ 9   | 3.25     | 18:29    | 5:41         | 11      | 4:54    | 45      | 4:54    | 29.25 | 2:30:26   | 5:08      | 9             | 34:20   | 30      | 34:20   |         |
| □□ 10  | 3.25     | 17:48    | 5:28         | 10      | 3:41    | 33      | 3:41    | 32.50 | 2:48:14   | 5:10      | 9             | 38:01   | 29      | 38:01   |         |
| □□ 11  | 3.25     | 19:43    | 6:03         | 11      | 5:46    | 52      | 5:46    | 35.75 | 3:07:57   | 5:15      | 10            | 43:47   | 34      | 43:47   |         |
| □□ 12  | 3.25     | 18:39    | 5:44         | 8       | 4:37    | 31      | 4:37    | 39.00 | 3:26:36   | 5:17      | 10            | 48:24   | 35      | 48:24   |         |
| □□□ □□ | 3.25     | 18:07    | 5:34         | 8       | 3:16    | 32      | 3:16    | 42.25 | 3:44:43   | 5:19      | 10            | 51:40   | 34      | 51:40   |         |