



# 10. Kristall-Marathon

Merkers / 14.02.2016

0000

Ledig, Michael

00: SV 1885 Teutschenthal e.V.

00: 576

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:49:41

00: 10.97 km/h

0000: 5:26 min/km

00000/000: 42 (of 119)

00000/0: 40 (of 107)

000000: 2:53:03

00000: 5(of 10)

0000000: 2:59:21

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| 000    | 00   | 00    | 00     | 00 | 00   | 00 | 00   | 000   | 000     | 000    | 00 | 00    | 00 | 00    |
|--------|------|-------|--------|----|------|----|------|-------|---------|--------|----|-------|----|-------|
|        | km   | 00    | min/km | -  | -    | 0  | 0    | km    | 00      | min/km | -  | -     | 0  | 0     |
| 00 1   | 3.25 | 13:58 | 4:17   | 3  | 2:09 | 15 | 2:09 | 3.25  | 13:58   | 4:17   | 3  | 2:09  | 15 | 2:09  |
| 00 2   | 3.25 | 14:59 | 4:36   | 3  | 2:19 | 17 | 2:19 | 6.50  | 28:57   | 4:27   | 3  | 4:28  | 17 | 4:28  |
| 00 3   | 3.25 | 15:24 | 4:44   | 3  | 2:40 | 19 | 2:53 | 9.75  | 44:21   | 4:32   | 3  | 7:08  | 17 | 7:08  |
| 00 4   | 3.25 | 15:25 | 4:44   | 3  | 2:38 | 18 | 2:46 | 13.00 | 59:46   | 4:35   | 3  | 9:46  | 18 | 9:46  |
| 00 5   | 3.25 | 15:35 | 4:47   | 3  | 2:38 | 19 | 2:38 | 16.25 | 1:15:21 | 4:38   | 3  | 12:24 | 17 | 12:24 |
| 00 6   | 3.25 | 16:09 | 4:58   | 4  | 2:57 | 20 | 3:03 | 19.50 | 1:31:30 | 4:41   | 3  | 15:21 | 17 | 15:21 |
| 00 7   | 3.25 | 17:28 | 5:22   | 5  | 4:11 | 42 | 4:24 | 22.75 | 1:48:58 | 4:47   | 3  | 19:32 | 21 | 19:32 |
| 00 8   | 3.25 | 18:35 | 5:43   | 8  | 5:22 | 55 | 5:30 | 26.00 | 2:07:33 | 4:54   | 4  | 24:54 | 23 | 25:02 |
| 00 9   | 3.25 | 19:59 | 6:08   | 6  | 6:08 | 61 | 6:24 | 29.25 | 2:27:32 | 5:02   | 5  | 31:02 | 24 | 31:26 |
| 00 10  | 3.25 | 21:08 | 6:30   | 8  | 5:33 | 72 | 7:01 | 32.50 | 2:48:40 | 5:11   | 5  | 36:16 | 30 | 38:27 |
| 00 11  | 3.25 | 19:27 | 5:59   | 7  | 4:54 | 50 | 5:30 | 35.75 | 3:08:07 | 5:15   | 5  | 41:10 | 35 | 43:57 |
| 00 12  | 3.25 | 20:32 | 6:19   | 7  | 4:50 | 56 | 6:30 | 39.00 | 3:28:39 | 5:21   | 5  | 46:00 | 38 | 50:27 |
| 000 00 | 3.25 | 21:02 | 6:28   | 7  | 4:21 | 56 | 6:11 | 42.25 | 3:49:41 | 5:26   | 5  | 50:20 | 40 | 56:38 |