



# 10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Krüger, Gerd

□□: Ilmenau

□□: 571

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:51:37

□□: 10.88 km/h

□□□□: 5:29 min/km

□□□□□/□□□: 45 (of 119)

□□□□□/□: 43 (of 107)

□□□□□□: 2:53:03

□□□□□: 10(of 24)

□□□□□□□: 3:08:05

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:02	5:14	13	3:54	58	5:13	3.25	17:02	5:14	13	3:54	58	5:13	
□□ 2	3.25	17:27	5:22	13	3:38	55	4:47	6.50	34:29	5:18	13	7:26	54	10:00	
□□ 3	3.25	17:33	5:24	11	3:55	57	5:02	9.75	52:02	5:20	13	11:12	55	14:49	
□□ 4	3.25	17:52	5:29	12	4:08	59	5:13	13.00	1:09:54	5:22	13	15:20	57	19:54	
□□ 5	3.25	17:37	5:25	11	3:47	56	4:40	16.25	1:27:31	5:23	12	19:07	55	24:34	
□□ 6	3.25	17:40	5:26	11	3:31	51	4:34	19.50	1:45:11	5:23	12	22:38	55	29:02	
□□ 7	3.25	17:26	5:21	9	3:21	39	4:22	22.75	2:02:37	5:23	12	25:59	54	33:11	
□□ 8	3.25	18:12	5:35	11	3:21	46	5:07	26.00	2:20:49	5:24	12	29:14	52	38:18	
□□ 9	3.25	17:59	5:31	10	3:05	39	4:24	29.25	2:38:48	5:25	11	32:13	47	42:42	
□□ 10	3.25	18:04	5:33	9	2:45	36	3:57	32.50	2:56:52	5:26	11	34:58	45	46:39	
□□ 11	3.25	18:06	5:34	8	2:53	28	4:09	35.75	3:14:58	5:27	11	37:51	45	50:48	
□□ 12	3.25	18:26	5:40	6	2:41	25	4:24	39.00	3:33:24	5:28	11	40:32	45	55:12	
□□□ □□	3.25	18:13	5:36	9	3:00	34	3:22	42.25	3:51:37	5:28	10	43:32	43	58:34	