



# 10. Kristall-Marathon

Merkers / 14.02.2016

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knof, hugo

□□: SV Birkenhard

□□: 564

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:52:12

□□: 10.85 km/h

□□□□: 5:30 min/km

□□□□□/□□□: 47 (of 119)

□□□□□/□: 45 (of 107)

□□□□□□: 2:53:03

□□□□□: 8(of 16)

□□□□□□□: 3:11:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:14	4:41	2	1:53	25	3:25	3.25	15:14	4:41	2	1:53	25	3:25
□□ 2	3.25	16:49	5:10	6	3:04	48	4:09	6.50	32:03	4:55	3	4:57	35	7:34
□□ 3	3.25	16:29	5:04	2	2:34	33	3:58	9.75	48:32	4:58	3	7:31	35	11:19
□□ 4	3.25	16:18	5:00	2	2:13	27	3:39	13.00	1:04:50	4:59	2	9:44	30	14:50
□□ 5	3.25	16:40	5:07	3	2:30	30	3:43	16.25	1:21:30	5:00	2	12:14	28	18:33
□□ 6	3.25	16:23	5:02	2	1:56	24	3:17	19.50	1:37:53	5:01	2	14:10	25	21:44
□□ 7	3.25	16:37	5:06	2	1:52	24	3:33	22.75	1:54:30	5:01	2	16:02	25	25:04
□□ 8	3.25	17:46	5:28	8	2:42	38	4:41	26.00	2:12:16	5:05	2	18:44	27	29:45
□□ 9	3.25	18:35	5:43	8	3:20	48	5:00	29.25	2:30:51	5:09	4	22:04	31	34:45
□□ 10	3.25	19:06	5:52	8	3:35	50	4:59	32.50	2:49:57	5:13	6	25:39	35	39:44
□□ 11	3.25	18:52	5:48	7	3:14	43	4:55	35.75	3:08:49	5:16	7	28:53	36	44:39
□□ 12	3.25	19:37	6:02	8	3:51	49	5:35	39.00	3:28:26	5:20	8	32:44	36	50:14
□□□ □□	3.25	23:46	7:18	11	8:18	85	8:55	42.25	3:52:12	5:29	8	41:02	45	59:09