



# 10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

**Mustonen, Juhani**

□□: Helsinki

□□: 594

□□: 42.25 km

Marathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 4:12:19

□□: 9.99 km/h

□□□□: 5:58 min/km

□□□□□/□□□: 69 (of 119)

□□□□□/□: 64 (of 107)

□□□□□□: 2:53:03

□□□□□: 8(of 10)

□□□□□□□: 2:59:21

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 19:11    | 5:54         | 10      | 7:22    | 91      | 7:22    | 3.25  | 19:11     | 5:54      | 10            | 7:22    | 91      | 7:22    |         |
| □□ 2   | 3.25     | 18:20    | 5:38         | 9       | 5:40    | 70      | 5:40    | 6.50  | 37:31     | 5:46      | 9             | 13:02   | 81      | 13:02   |         |
| □□ 3   | 3.25     | 18:07    | 5:34         | 9       | 5:23    | 65      | 5:36    | 9.75  | 55:38     | 5:42      | 9             | 18:25   | 76      | 18:25   |         |
| □□ 4   | 3.25     | 18:05    | 5:33         | 9       | 5:18    | 62      | 5:26    | 13.00 | 1:13:43   | 5:40      | 9             | 23:43   | 72      | 23:43   |         |
| □□ 5   | 3.25     | 18:01    | 5:32         | 8       | 5:04    | 62      | 5:04    | 16.25 | 1:31:44   | 5:38      | 9             | 28:47   | 69      | 28:47   |         |
| □□ 6   | 3.25     | 18:23    | 5:39         | 8       | 5:11    | 63      | 5:17    | 19.50 | 1:50:07   | 5:38      | 9             | 33:58   | 70      | 33:58   |         |
| □□ 7   | 3.25     | 18:28    | 5:40         | 8       | 5:11    | 59      | 5:24    | 22.75 | 2:08:35   | 5:39      | 9             | 39:09   | 69      | 39:09   |         |
| □□ 8   | 3.25     | 18:26    | 5:40         | 6       | 5:13    | 51      | 5:21    | 26.00 | 2:27:01   | 5:39      | 8             | 44:22   | 67      | 44:30   |         |
| □□ 9   | 3.25     | 21:52    | 6:43         | 9       | 8:01    | 89      | 8:17    | 29.25 | 2:48:53   | 5:46      | 8             | 52:23   | 70      | 52:47   |         |
| □□ 10  | 3.25     | 17:05    | 5:15         | 3       | 1:30    | 20      | 2:58    | 32.50 | 3:05:58   | 5:43      | 8             | 53:34   | 65      | 55:45   |         |
| □□ 11  | 3.25     | 21:24    | 6:35         | 8       | 6:51    | 66      | 7:27    | 35.75 | 3:27:22   | 5:48      | 8             | 1:00:25 | 65      | 1:03:12 |         |
| □□ 12  | 3.25     | 22:29    | 6:55         | 8       | 6:47    | 75      | 8:27    | 39.00 | 3:49:51   | 5:53      | 8             | 1:07:12 | 64      | 1:11:39 |         |
| □□□ □□ | 3.25     | 22:28    | 6:54         | 9       | 5:47    | 70      | 7:37    | 42.25 | 4:12:19   | 5:58      | 8             | 1:12:58 | 64      | 1:19:16 |         |