



# 10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

**Kaikuvuo, Ilkka**

□□: Tampereen Sisu

□□: 557

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 4:12:19

□□: 10.05 km/h

□□□□: 5:58 min/km

□□□□□/□□□: 70 (of 119)

□□□□□/□: 64 (of 107)

□□□□□□: 2:53:03

□□□□□: 6(of 9)

□□□□□□□: 3:07:39

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 19:10    | 5:53         | 7       | 6:46    | 89      | 7:21    | 3.25  | 19:10     | 5:53      | 7             | 6:46    | 89      | 7:21    |         |
| □□ 2   | 3.25     | 18:21    | 5:38         | 6       | 5:04    | 71      | 5:41    | 6.50  | 37:31     | 5:46      | 6             | 11:50   | 81      | 13:02   |         |
| □□ 3   | 3.25     | 18:07    | 5:34         | 6       | 4:26    | 65      | 5:36    | 9.75  | 55:38     | 5:42      | 6             | 16:16   | 76      | 18:25   |         |
| □□ 4   | 3.25     | 18:05    | 5:33         | 6       | 4:17    | 62      | 5:26    | 13.00 | 1:13:43   | 5:40      | 6             | 20:30   | 72      | 23:43   |         |
| □□ 5   | 3.25     | 18:01    | 5:32         | 7       | 3:52    | 62      | 5:04    | 16.25 | 1:31:44   | 5:38      | 6             | 24:22   | 69      | 28:47   |         |
| □□ 6   | 3.25     | 18:22    | 5:39         | 6       | 4:13    | 62      | 5:16    | 19.50 | 1:50:06   | 5:38      | 7             | 28:26   | 69      | 33:57   |         |
| □□ 7   | 3.25     | 18:29    | 5:41         | 6       | 4:06    | 61      | 5:25    | 22.75 | 2:08:35   | 5:39      | 7             | 32:23   | 69      | 39:09   |         |
| □□ 8   | 3.25     | 18:25    | 5:40         | 4       | 3:53    | 48      | 5:20    | 26.00 | 2:27:00   | 5:39      | 6             | 35:48   | 65      | 44:29   |         |
| □□ 9   | 3.25     | 19:10    | 5:53         | 5       | 4:35    | 56      | 5:35    | 29.25 | 2:46:10   | 5:40      | 7             | 40:03   | 65      | 50:04   |         |
| □□ 10  | 3.25     | 19:47    | 6:05         | 6       | 4:37    | 59      | 5:40    | 32.50 | 3:05:57   | 5:43      | 7             | 44:40   | 64      | 55:44   |         |
| □□ 11  | 3.25     | 21:25    | 6:35         | 6       | 5:33    | 69      | 7:28    | 35.75 | 3:27:22   | 5:48      | 7             | 50:13   | 65      | 1:03:12 |         |
| □□ 12  | 3.25     | 22:29    | 6:55         | 7       | 7:22    | 75      | 8:27    | 39.00 | 3:49:51   | 5:53      | 6             | 57:35   | 64      | 1:11:39 |         |
| □□□ □□ | 3.25     | 22:28    | 6:54         | 7       | 7:05    | 70      | 7:37    | 42.25 | 4:12:19   | 5:58      | 6             | 1:04:40 | 64      | 1:19:16 |         |