



10. Kristall-Marathon

Merkers / 14.02.2016

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Schlichting, Eike

□□: Altena

□□: 622

□□: 42.25 km

Marathon

□□□□:

Männer (20-29 Jahre)

□□□: 4:20:14

□□: 9.68 km/h

□□□□: 6:10 min/km

□□□□□/□□□□: 82 (of 119)

□□□□□/□: 76 (of 107)

□□□□□□: 2:53:03

□□□□□: 6(of 6)

□□□□□□□: 3:28:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:25	5:40	5	3:00	77	6:36	3.25	18:25	5:40	5	3:00	77	6:36	
□□ 2	3.25	17:45	5:27	4	2:35	63	5:05	6.50	36:10	5:33	4	5:35	67	11:41	
□□ 3	3.25	17:30	5:23	3	2:32	53	4:59	9.75	53:40	5:30	4	8:07	66	16:27	
□□ 4	3.25	17:16	5:18	4	2:02	52	4:37	13.00	1:10:56	5:27	5	10:09	64	20:56	
□□ 5	3.25	17:25	5:21	4	2:15	48	4:28	16.25	1:28:21	5:26	4	12:24	61	25:24	
□□ 6	3.25	17:40	5:26	5	2:29	51	4:34	19.50	1:46:01	5:26	4	14:53	58	29:52	
□□ 7	3.25	19:04	5:51	5	3:29	69	6:00	22.75	2:05:05	5:29	5	18:22	60	35:39	
□□ 8	3.25	20:14	6:13	6	4:02	81	7:09	26.00	2:25:19	5:35	6	22:24	61	42:48	
□□ 9	3.25	21:03	6:28	6	4:32	79	7:28	29.25	2:46:22	5:41	6	26:56	67	50:16	
□□ 10	3.25	22:49	7:01	6	5:20	89	8:42	32.50	3:09:11	5:49	6	32:16	70	58:58	
□□ 11	3.25	21:59	6:45	6	4:16	77	8:02	35.75	3:31:10	5:54	6	36:32	70	1:07:00	
□□ 12	3.25	23:13	7:08	6	6:38	85	9:11	39.00	3:54:23	6:00	6	43:10	70	1:16:11	
□□□ □□	3.25	25:51	7:57	6	8:34	98	11:00	42.25	4:20:14	6:09	6	51:44	76	1:27:11	