



# 10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

## Schmid, Jörg

□□: Rennsteiglaufverein, Arnstadt

□□: 624

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:21:16

□□: 9.70 km/h

□□□□: 6:11 min/km

□□□□□/□□□□: 83 (of 119)

□□□□□/□: 77 (of 107)

□□□□□□: 2:53:03

□□□□□: 6(of 10)

□□□□□□□: 3:23:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:38	5:25	6	3:58	66	5:49	3.25	17:38	5:25	6	3:58	66	5:49	
□□ 2	3.25	18:58	5:50	7	4:14	83	6:18	6.50	36:36	5:37	6	8:11	70	12:07	
□□ 3	3.25	18:15	5:36	6	3:42	69	5:44	9.75	54:51	5:37	6	11:33	69	17:38	
□□ 4	3.25	18:26	5:40	6	4:04	71	5:47	13.00	1:13:17	5:38	6	15:37	70	23:17	
□□ 5	3.25	19:05	5:52	6	4:51	77	6:08	16.25	1:32:22	5:41	6	20:28	75	29:25	
□□ 6	3.25	18:42	5:45	6	4:02	69	5:36	19.50	1:51:04	5:41	6	24:30	75	34:55	
□□ 7	3.25	19:04	5:51	6	4:22	69	6:00	22.75	2:10:08	5:43	6	28:52	75	40:42	
□□ 8	3.25	19:07	5:52	5	4:01	60	6:02	26.00	2:29:15	5:44	6	32:53	73	46:44	
□□ 9	3.25	20:05	6:10	6	4:55	64	6:30	29.25	2:49:20	5:47	6	37:48	71	53:14	
□□ 10	3.25	20:46	6:23	5	4:25	66	6:39	32.50	3:10:06	5:50	6	42:13	71	59:53	
□□ 11	3.25	23:59	7:22	9	5:50	93	10:02	35.75	3:34:05	5:59	6	48:03	73	1:09:55	
□□ 12	3.25	23:25	7:12	8	4:53	87	9:23	39.00	3:57:30	6:05	6	52:34	73	1:19:18	
□□□ □□	3.25	23:46	7:18	7	6:05	85	8:55	42.25	4:21:16	6:11	6	57:22	77	1:28:13	