



# 10. Kristall-Marathon

Merkers / 14.02.2016

0000

Schäfer, Sven

00: illingen

00: 619

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 4:24:10

00: 9.60 km/h

0000: 6:15 min/km

00000/000: 86 (of 119)

00000/0: 79 (of 107)

000000: 2:53:03

00000: 9(of 10)

0000000: 2:59:21

0000

0000

000

| 000    | 00   | 00    | 00     | 00 | 00   | 00 | 00   | 000   | 000     | 000    | 00 | 00      | 00 | 00      |
|--------|------|-------|--------|----|------|----|------|-------|---------|--------|----|---------|----|---------|
|        | km   | 00    | min/km | -  | -    | 0  | 0    | km    | 00      | min/km | -  | -       | 0  | 0       |
| 00 1   | 3.25 | 16:51 | 5:11   | 8  | 5:02 | 52 | 5:02 | 3.25  | 16:51   | 5:11   | 8  | 5:02    | 52 | 5:02    |
| 00 2   | 3.25 | 18:07 | 5:34   | 8  | 5:27 | 67 | 5:27 | 6.50  | 34:58   | 5:22   | 8  | 10:29   | 62 | 10:29   |
| 00 3   | 3.25 | 18:06 | 5:34   | 8  | 5:22 | 63 | 5:35 | 9.75  | 53:04   | 5:26   | 8  | 15:51   | 64 | 15:51   |
| 00 4   | 3.25 | 17:38 | 5:25   | 8  | 4:51 | 55 | 4:59 | 13.00 | 1:10:42 | 5:26   | 8  | 20:42   | 62 | 20:42   |
| 00 5   | 3.25 | 18:08 | 5:34   | 9  | 5:11 | 65 | 5:11 | 16.25 | 1:28:50 | 5:28   | 8  | 25:53   | 63 | 25:53   |
| 00 6   | 3.25 | 18:53 | 5:48   | 9  | 5:41 | 72 | 5:47 | 19.50 | 1:47:43 | 5:31   | 8  | 31:34   | 64 | 31:34   |
| 00 7   | 3.25 | 19:51 | 6:06   | 10 | 6:34 | 82 | 6:47 | 22.75 | 2:07:34 | 5:36   | 8  | 38:08   | 66 | 38:08   |
| 00 8   | 3.25 | 21:11 | 6:31   | 10 | 7:58 | 87 | 8:06 | 26.00 | 2:28:45 | 5:43   | 9  | 46:06   | 71 | 46:14   |
| 00 9   | 3.25 | 22:03 | 6:47   | 10 | 8:12 | 91 | 8:28 | 29.25 | 2:50:48 | 5:50   | 9  | 54:18   | 72 | 54:42   |
| 00 10  | 3.25 | 23:43 | 7:17   | 10 | 8:08 | 96 | 9:36 | 32.50 | 3:14:31 | 5:59   | 9  | 1:02:07 | 75 | 1:04:18 |
| 00 11  | 3.25 | 23:41 | 7:17   | 9  | 9:08 | 90 | 9:44 | 35.75 | 3:38:12 | 6:06   | 9  | 1:11:15 | 77 | 1:14:02 |
| 00 12  | 3.25 | 23:45 | 7:18   | 9  | 8:03 | 89 | 9:43 | 39.00 | 4:01:57 | 6:12   | 9  | 1:19:18 | 78 | 1:23:45 |
| 000 00 | 3.25 | 22:13 | 6:50   | 8  | 5:32 | 67 | 7:22 | 42.25 | 4:24:10 | 6:15   | 9  | 1:24:49 | 79 | 1:31:07 |