



# 10. Kristall-Marathon

Merkers / 14.02.2016

0000

**Weßeler, Markus**

00: Vorwärts Köln

00: 654

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:27:33

00: 9.42 km/h

0000: 6:20 min/km

00000/0000: 87 (of 119)

00000/0: 80 (of 107)

000000: 2:53:03

00000: 19(of 24)

0000000: 3:08:05

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 | 18:32 | 5:42   | 20 | 5:24 | 79 | 6:43 | 3.25  | 18:32   | 5:42   | 20 | 5:24    | 79 | 6:43    |
| 00 2   | 3.25 | 18:47 | 5:46   | 17 | 4:58 | 79 | 6:07 | 6.50  | 37:19   | 5:44   | 19 | 10:16   | 79 | 12:50   |
| 00 3   | 3.25 | 20:14 | 6:13   | 20 | 6:36 | 93 | 7:43 | 9.75  | 57:33   | 5:54   | 19 | 16:43   | 86 | 20:20   |
| 00 4   | 3.25 | 19:09 | 5:53   | 18 | 5:25 | 82 | 6:30 | 13.00 | 1:16:42 | 5:54   | 19 | 22:08   | 84 | 26:42   |
| 00 5   | 3.25 | 20:08 | 6:11   | 20 | 6:18 | 86 | 7:11 | 16.25 | 1:36:50 | 5:57   | 19 | 28:26   | 84 | 33:53   |
| 00 6   | 3.25 | 19:16 | 5:55   | 18 | 5:07 | 80 | 6:10 | 19.50 | 1:56:06 | 5:57   | 19 | 33:33   | 83 | 39:57   |
| 00 7   | 3.25 | 20:19 | 6:15   | 20 | 6:14 | 85 | 7:15 | 22.75 | 2:16:25 | 5:59   | 19 | 39:47   | 83 | 46:59   |
| 00 8   | 3.25 | 21:19 | 6:33   | 22 | 6:28 | 88 | 8:14 | 26.00 | 2:37:44 | 6:03   | 19 | 46:09   | 84 | 55:13   |
| 00 9   | 3.25 | 20:12 | 6:12   | 15 | 5:18 | 65 | 6:37 | 29.25 | 2:57:56 | 6:04   | 19 | 51:21   | 83 | 1:01:50 |
| 00 10  | 3.25 | 21:12 | 6:31   | 19 | 5:53 | 73 | 7:05 | 32.50 | 3:19:08 | 6:07   | 19 | 57:14   | 83 | 1:08:55 |
| 00 11  | 3.25 | 21:19 | 6:33   | 18 | 6:06 | 65 | 7:22 | 35.75 | 3:40:27 | 6:09   | 18 | 1:03:20 | 80 | 1:16:17 |
| 00 12  | 3.25 | 23:05 | 7:06   | 21 | 7:20 | 83 | 9:03 | 39.00 | 4:03:32 | 6:14   | 19 | 1:10:40 | 81 | 1:25:20 |
| 000 00 | 3.25 | 24:01 | 7:23   | 24 | 8:48 | 90 | 9:10 | 42.25 | 4:27:33 | 6:19   | 19 | 1:19:28 | 80 | 1:34:30 |