



10. Kristall-Marathon

Merkers / 14.02.2016

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Gülecoglu, Devrim

□□: DEVRUN

□□: 537

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:29:09

□□: 9.36 km/h

□□□□: 6:22 min/km

□□□□□/□□□: 92 (of 119)

□□□□□/□: 85 (of 107)

□□□□□□: 2:53:03

□□□□□: 21(of 24)

□□□□□□□: 3:08:05

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:09	5:35	18	5:01	72	6:20	3.25	18:09	5:35	18	5:01	72	6:20
□□ 2	3.25	19:57	6:08	21	6:08	95	7:17	6.50	38:06	5:51	20	11:03	87	13:37
□□ 3	3.25	20:56	6:26	23	7:18	101	8:25	9.75	59:02	6:03	21	18:12	93	21:49
□□ 4	3.25	21:12	6:31	24	7:28	101	8:33	13.00	1:20:14	6:10	21	25:40	96	30:14
□□ 5	3.25	21:29	6:36	24	7:39	102	8:32	16.25	1:41:43	6:15	21	33:19	96	38:46
□□ 6	3.25	22:50	7:01	24	8:41	105	9:44	19.50	2:04:33	6:23	23	42:00	100	48:24
□□ 7	3.25	22:50	7:01	24	8:45	102	9:46	22.75	2:27:23	6:28	23	50:45	99	57:57
□□ 8	3.25	18:25	5:40	12	3:34	48	5:20	26.00	2:45:48	6:22	23	54:13	95	1:03:17
□□ 9	3.25	18:32	5:42	12	3:38	47	4:57	29.25	3:04:20	6:18	22	57:45	90	1:08:14
□□ 10	3.25	19:14	5:55	12	3:55	52	5:07	32.50	3:23:34	6:15	20	1:01:40	86	1:13:21
□□ 11	3.25	21:38	6:39	19	6:25	73	7:41	35.75	3:45:12	6:17	21	1:08:05	87	1:21:02
□□ 12	3.25	21:33	6:37	16	5:48	61	7:31	39.00	4:06:45	6:19	21	1:13:53	86	1:28:33
□□□ □□	3.25	22:24	6:53	19	7:11	68	7:33	42.25	4:29:09	6:22	21	1:21:04	85	1:36:06