



# 10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Kubis, Kai

□□: Hawk Lake Runners

□□: 572

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:33:25

□□: 9.22 km/h

□□□□: 6:28 min/km

□□□□□/□□□: 95 (of 119)

□□□□□/□: 87 (of 107)

□□□□□□: 2:53:03

□□□□□: 20(of 24)

□□□□□□□: 2:53:03

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 16:27    | 5:03         | 11      | 4:21    | 45      | 4:38    | 3.25  | 16:27     | 5:03      | 11            | 4:21    | 45      | 4:38    |         |
| □□ 2   | 3.25     | 17:07    | 5:15         | 13      | 4:22    | 51      | 4:27    | 6.50  | 33:34     | 5:09      | 12            | 8:41    | 48      | 9:05    |         |
| □□ 3   | 3.25     | 17:37    | 5:25         | 15      | 5:06    | 58      | 5:06    | 9.75  | 51:11     | 5:14      | 13            | 13:32   | 49      | 13:58   |         |
| □□ 4   | 3.25     | 18:25    | 5:40         | 17      | 5:46    | 70      | 5:46    | 13.00 | 1:09:36   | 5:21      | 14            | 19:18   | 54      | 19:36   |         |
| □□ 5   | 3.25     | 18:27    | 5:40         | 17      | 5:29    | 70      | 5:30    | 16.25 | 1:28:03   | 5:25      | 15            | 24:47   | 59      | 25:06   |         |
| □□ 6   | 3.25     | 18:55    | 5:49         | 17      | 5:49    | 73      | 5:49    | 19.50 | 1:46:58   | 5:29      | 15            | 30:36   | 62      | 30:49   |         |
| □□ 7   | 3.25     | 20:03    | 6:10         | 20      | 6:59    | 83      | 6:59    | 22.75 | 2:07:01   | 5:34      | 16            | 37:35   | 65      | 37:35   |         |
| □□ 8   | 3.25     | 21:53    | 6:44         | 22      | 8:48    | 96      | 8:48    | 26.00 | 2:28:54   | 5:43      | 18            | 46:23   | 72      | 46:23   |         |
| □□ 9   | 3.25     | 22:26    | 6:54         | 22      | 8:51    | 96      | 8:51    | 29.25 | 2:51:20   | 5:51      | 18            | 55:14   | 75      | 55:14   |         |
| □□ 10  | 3.25     | 24:18    | 7:28         | 23      | 10:11   | 101     | 10:11   | 32.50 | 3:15:38   | 6:01      | 20            | 1:05:25 | 79      | 1:05:25 |         |
| □□ 11  | 3.25     | 25:23    | 7:48         | 24      | 11:26   | 100     | 11:26   | 35.75 | 3:41:01   | 6:10      | 20            | 1:16:51 | 82      | 1:16:51 |         |
| □□ 12  | 3.25     | 26:17    | 8:05         | 24      | 12:15   | 101     | 12:15   | 39.00 | 4:07:18   | 6:20      | 20            | 1:29:06 | 87      | 1:29:06 |         |
| □□□ □□ | 3.25     | 26:07    | 8:02         | 24      | 11:16   | 100     | 11:16   | 42.25 | 4:33:25   | 6:28      | 20            | 1:40:22 | 87      | 1:40:22 |         |