



10. Kristall-Marathon

Merkers / 14.02.2016

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Porstner, Thomas

□□: GutsMuths-Rennsteiglaufverein

□□: 605

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:34:22

□□: 9.18 km/h

□□□□: 6:29 min/km

□□□□□/□□□□: 96 (of 119)

□□□□□/□: 88 (of 107)

□□□□□□: 2:53:03

□□□□□: 13(of 16)

□□□□□□□: 3:11:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:54	5:30	13	4:33	68	6:05	3.25	17:54	5:30	13	4:33	68	6:05	
□□ 2	3.25	19:49	6:05	15	6:04	92	7:09	6.50	37:43	5:48	14	10:37	86	13:14	
□□ 3	3.25	19:51	6:06	13	5:56	88	7:20	9.75	57:34	5:54	14	16:33	87	20:21	
□□ 4	3.25	20:23	6:16	13	6:18	90	7:44	13.00	1:17:57	5:59	14	22:51	90	27:57	
□□ 5	3.25	20:27	6:17	13	6:17	89	7:30	16.25	1:38:24	6:03	13	29:08	89	35:27	
□□ 6	3.25	21:12	6:31	13	6:45	93	8:06	19.50	1:59:36	6:07	13	35:53	90	43:27	
□□ 7	3.25	21:09	6:30	13	6:24	92	8:05	22.75	2:20:45	6:11	13	42:17	90	51:19	
□□ 8	3.25	21:19	6:33	13	6:15	88	8:14	26.00	2:42:04	6:14	13	48:32	90	59:33	
□□ 9	3.25	22:03	6:47	13	6:48	91	8:28	29.25	3:04:07	6:17	13	55:20	89	1:08:01	
□□ 10	3.25	22:22	6:52	12	6:51	85	8:15	32.50	3:26:29	6:21	13	1:02:11	90	1:16:16	
□□ 11	3.25	22:41	6:58	12	7:03	82	8:44	35.75	3:49:10	6:24	13	1:09:14	88	1:25:00	
□□ 12	3.25	22:46	7:00	11	7:00	81	8:44	39.00	4:11:56	6:27	13	1:16:14	88	1:33:44	
□□□ □□	3.25	22:26	6:54	9	6:58	69	7:35	42.25	4:34:22	6:29	13	1:23:12	88	1:41:19	