



10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Carlson, Peter

□□: Roskilde

□□: 517

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:38:03

□□: 9.06 km/h

□□□□: 6:35 min/km

□□□□□/□□□: 100 (of 119)

□□□□□/□: 92 (of 107)

□□□□□□: 2:53:03

□□□□□: 24(of 24)

□□□□□□□: 3:08:05

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:49	5:47	22	5:41	87	7:00	3.25	18:49	5:47	22	5:41	87	7:00	
□□ 2	3.25	19:26	5:58	20	5:37	89	6:46	6.50	38:15	5:53	21	11:12	88	13:46	
□□ 3	3.25	19:22	5:57	19	5:44	85	6:51	9.75	57:37	5:54	20	16:47	88	20:24	
□□ 4	3.25	19:42	6:03	20	5:58	86	7:03	13.00	1:17:19	5:56	20	22:45	87	27:19	
□□ 5	3.25	19:40	6:03	19	5:50	84	6:43	16.25	1:36:59	5:58	20	28:35	86	34:02	
□□ 6	3.25	20:20	6:15	21	6:11	88	7:14	19.50	1:57:19	6:00	20	34:46	86	41:10	
□□ 7	3.25	21:32	6:37	23	7:27	94	8:28	22.75	2:18:51	6:06	20	42:13	86	49:25	
□□ 8	3.25	22:30	6:55	24	7:39	98	9:25	26.00	2:41:21	6:12	21	49:46	88	58:50	
□□ 9	3.25	22:10	6:49	24	7:16	94	8:35	29.25	3:03:31	6:16	21	56:56	87	1:07:25	
□□ 10	3.25	23:09	7:07	23	7:50	92	9:02	32.50	3:26:40	6:21	23	1:04:46	91	1:16:27	
□□ 11	3.25	23:34	7:15	22	8:21	88	9:37	35.75	3:50:14	6:26	23	1:13:07	92	1:26:04	
□□ 12	3.25	24:01	7:23	23	8:16	91	9:59	39.00	4:14:15	6:31	23	1:21:23	92	1:36:03	
□□□ □□	3.25	23:48	7:19	23	8:35	87	8:57	42.25	4:38:03	6:34	24	1:29:58	92	1:45:00	