



10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Stojanovski, Jovica

□□: Maraton klub Delta

□□: 637

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:39:55

□□: 9.00 km/h

□□□□: 6:38 min/km

□□□□□/□□□: 101 (of 119)

□□□□□/□: 93 (of 107)

□□□□□□: 2:53:03

□□□□□: 21(of 24)

□□□□□□□: 2:53:03

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:16	6:14	23	8:10	99	8:27	3.25	20:16	6:14	23	8:10	99	8:27	
□□ 2	3.25	20:30	6:18	22	7:45	97	7:50	6.50	40:46	6:16	22	15:53	98	16:17	
□□ 3	3.25	20:24	6:16	22	7:53	95	7:53	9.75	1:01:10	6:16	22	23:31	98	23:57	
□□ 4	3.25	20:30	6:18	22	7:51	93	7:51	13.00	1:21:40	6:16	22	31:22	98	31:40	
□□ 5	3.25	20:30	6:18	23	7:32	92	7:33	16.25	1:42:10	6:17	23	38:54	99	39:13	
□□ 6	3.25	21:42	6:40	22	8:36	97	8:36	19.50	2:03:52	6:21	22	47:30	97	47:43	
□□ 7	3.25	20:54	6:25	21	7:50	89	7:50	22.75	2:24:46	6:21	22	55:20	96	55:20	
□□ 8	3.25	21:37	6:39	20	8:32	92	8:32	26.00	2:46:23	6:23	22	1:03:52	96	1:03:52	
□□ 9	3.25	21:50	6:43	20	8:15	88	8:15	29.25	3:08:13	6:26	23	1:12:07	97	1:12:07	
□□ 10	3.25	21:48	6:42	19	7:41	76	7:41	32.50	3:30:01	6:27	21	1:19:48	95	1:19:48	
□□ 11	3.25	22:48	7:00	19	8:51	83	8:51	35.75	3:52:49	6:30	21	1:28:39	94	1:28:39	
□□ 12	3.25	23:13	7:08	22	9:11	85	9:11	39.00	4:16:02	6:33	21	1:37:50	95	1:37:50	
□□□ □□	3.25	23:53	7:20	20	9:02	88	9:02	42.25	4:39:55	6:37	21	1:46:52	93	1:46:52	