



# 10. Kristall-Marathon

Merkers / 14.02.2016

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Steinbrecher, Diethard

□□: 100 Marathon Club

□□: 635

□□: 42.25 km

Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 4:44:26

□□: 8.86 km/h

□□□□: 6:44 min/km

□□□□□/□□□: 105 (of 119)

□□□□□/□: 97 (of 107)

□□□□□□: 2:53:03

□□□□□: 3(of 6)

□□□□□□□: 3:54:42

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:24	6:16	3	3:39	102	8:35	3.25	20:24	6:16	3	3:39	102	8:35	
□□ 2	3.25	20:58	6:27	3	4:01	102	8:18	6.50	41:22	6:21	3	7:40	103	16:53	
□□ 3	3.25	21:23	6:34	3	3:51	103	8:52	9.75	1:02:45	6:26	3	11:31	103	25:32	
□□ 4	3.25	21:55	6:44	3	4:15	102	9:16	13.00	1:24:40	6:30	3	15:46	103	34:40	
□□ 5	3.25	21:27	6:35	3	3:57	101	8:30	16.25	1:46:07	6:31	3	19:43	103	43:10	
□□ 6	3.25	22:04	6:47	3	4:21	101	8:58	19.50	2:08:11	6:34	3	24:04	103	52:02	
□□ 7	3.25	21:51	6:43	3	4:01	96	8:47	22.75	2:30:02	6:35	3	28:05	103	1:00:36	
□□ 8	3.25	21:41	6:40	3	3:34	95	8:36	26.00	2:51:43	6:36	3	31:39	103	1:09:12	
□□ 9	3.25	23:00	7:04	3	3:59	97	9:25	29.25	3:14:43	6:39	3	35:38	102	1:18:37	
□□ 10	3.25	22:33	6:56	3	4:11	87	8:26	32.50	3:37:16	6:41	3	39:49	100	1:27:03	
□□ 11	3.25	22:15	6:50	2	3:39	80	8:18	35.75	3:59:31	6:41	3	43:28	99	1:35:21	
□□ 12	3.25	22:15	6:50	2	2:56	72	8:13	39.00	4:21:46	6:42	3	46:24	99	1:43:34	
□□□ □□	3.25	22:40	6:58	2	3:20	77	7:49	42.25	4:44:26	6:43	3	49:44	97	1:51:23	