



11. Kristall-Marathon

Merkers / 12.02.2017

□□□□

WELNITZ, Oliver

□□: LC BlueLiner

□□: 347

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 1:54:00

□□: 11.58 km/h

□□□□: 5:01 min/km

□□□□□/□□□: 40 (of 149)

□□□□□/□: 37 (of 114)

□□□□□□: 1:27:11

□□□□□: 8(of 28)

□□□□□□□: 1:29:24

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:04 | 4:56 | 11 | 3:53 | 47 | 4:22 | 3.25 | 16:04 | 4:56 | 11 | 3:53 | 47 | 4:22 | |
| □□ 2 | 3.25 | 16:03 | 4:56 | 9 | 3:12 | 45 | 3:29 | 6.50 | 32:07 | 4:56 | 11 | 7:05 | 49 | 7:51 | |
| □□ 3 | 3.25 | 16:08 | 4:57 | 9 | 3:10 | 39 | 3:45 | 9.75 | 48:15 | 4:56 | 9 | 10:15 | 44 | 11:36 | |
| □□ 4 | 3.25 | 16:31 | 5:04 | 9 | 3:48 | 40 | 3:58 | 13.00 | 1:04:46 | 4:58 | 9 | 14:03 | 41 | 15:34 | |
| □□ 5 | 3.25 | 16:47 | 5:09 | 8 | 3:57 | 38 | 4:05 | 16.25 | 1:21:33 | 5:01 | 9 | 18:00 | 41 | 19:39 | |
| □□ 6 | 3.25 | 16:32 | 5:05 | 5 | 3:39 | 29 | 3:39 | 19.50 | 1:38:05 | 5:01 | 8 | 21:39 | 39 | 23:17 | |
| □□□ □□ | 3.25 | 15:55 | 4:53 | 5 | 2:57 | 22 | 3:32 | 22.75 | 1:54:00 | 5:00 | 8 | 24:36 | 37 | 26:49 | |