



# 11. Kristall-Marathon

Merkers / 12.02.2017

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**SAUER, Martin**

□□: runomatic.de

□□: 306

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 2:15:30

□□: 9.74 km/h

□□□□: 5:58 min/km

□□□□□/□□□: 88 (of 149)

□□□□□/□: 76 (of 114)

□□□□□□: 1:27:11

□□□□□: 13(of 17)

□□□□□□□: 1:38:56

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□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 15:07    | 4:39         | 7       | 2:33    | 33      | 3:25    | 3.25  | 15:07     | 4:39      | 7             | 2:33    | 33      | 3:25    |         |
| □□ 2   | 3.25     | 15:51    | 4:52         | 7       | 2:14    | 38      | 3:17    | 6.50  | 30:58     | 4:45      | 6             | 4:47    | 33      | 6:42    |         |
| □□ 3   | 3.25     | 17:11    | 5:17         | 13      | 3:16    | 58      | 4:48    | 9.75  | 48:09     | 4:56      | 9             | 7:36    | 43      | 11:30   |         |
| □□ 4   | 3.25     | 20:58    | 6:27         | 14      | 6:52    | 96      | 8:25    | 13.00 | 1:09:07   | 5:18      | 12            | 13:57   | 58      | 19:55   |         |
| □□ 5   | 3.25     | 22:13    | 6:50         | 16      | 7:50    | 100     | 9:31    | 16.25 | 1:31:20   | 5:37      | 13            | 21:36   | 68      | 29:26   |         |
| □□ 6   | 3.25     | 22:01    | 6:46         | 14      | 7:23    | 92      | 9:08    | 19.50 | 1:53:21   | 5:48      | 13            | 28:59   | 72      | 38:33   |         |
| □□□ □□ | 3.25     | 22:09    | 6:48         | 14      | 7:37    | 92      | 9:46    | 22.75 | 2:15:30   | 5:57      | 13            | 36:34   | 76      | 48:19   |         |