



# 11. Kristall-Marathon

Merkers / 12.02.2017

□□□□

**ROUSSAT, Rene**

□□: LT Bittermark Dortmund

□□: 303

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:30:55

□□: 8.75 km/h

□□□□: 6:38 min/km

□□□□□/□□□: 119 (of 149)

□□□□□/□: 96 (of 114)

□□□□□□: 1:27:11

□□□□□: 19(of 20)

□□□□□□□: 1:38:31

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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     | 20:02    | 6:09         | 19      | 7:48    | 107     | 8:20    | 3.25  | 20:02     | 6:09      | 19            | 7:48    | 107     | 8:20    |         |
| □□ 2   | 3.25     | 20:20    | 6:15         | 19      | 6:36    | 99      | 7:46    | 6.50  | 40:22     | 6:12      | 19            | 14:24   | 104     | 16:06   |         |
| □□ 3   | 3.25     | 21:09    | 6:30         | 19      | 7:06    | 100     | 8:46    | 9.75  | 1:01:31   | 6:18      | 19            | 21:21   | 103     | 24:52   |         |
| □□ 4   | 3.25     | 21:18    | 6:33         | 19      | 7:01    | 100     | 8:45    | 13.00 | 1:22:49   | 6:22      | 19            | 28:10   | 101     | 33:37   |         |
| □□ 5   | 3.25     | 22:03    | 6:47         | 18      | 7:42    | 98      | 9:21    | 16.25 | 1:44:52   | 6:27      | 19            | 35:13   | 102     | 42:58   |         |
| □□ 6   | 3.25     | 22:27    | 6:54         | 18      | 7:47    | 93      | 9:34    | 19.50 | 2:07:19   | 6:31      | 19            | 42:58   | 100     | 52:31   |         |
| □□□ □□ | 3.25     | 23:36    | 7:15         | 17      | 9:26    | 96      | 11:13   | 22.75 | 2:30:55   | 6:38      | 19            | 52:24   | 96      | 1:03:44 |         |