



# 11. Kristall-Marathon

Merkers / 12.02.2017

□□□□

VETTER, Jens

□□: Laufrausch Rudolstadt

□□: 139

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:37:09

□□: 8.40 km/h

□□□□: 6:55 min/km

□□□□□/□□□: 129 (of 149)

□□□□□/□: 103 (of 114)

□□□□□□: 1:27:11

□□□□□: 26(of 28)

□□□□□□□: 1:29:24

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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     | 20:07    | 6:11         | 27      | 7:56    | 108     | 8:25    | 3.25  | 20:07     | 6:11      | 27            | 7:56    | 108     | 8:25    |         |
| □□ 2   | 3.25     | 20:12    | 6:12         | 24      | 7:21    | 98      | 7:38    | 6.50  | 40:19     | 6:12      | 26            | 15:17   | 102     | 16:03   |         |
| □□ 3   | 3.25     | 20:06    | 6:11         | 24      | 7:08    | 95      | 7:43    | 9.75  | 1:00:25   | 6:11      | 24            | 22:25   | 99      | 23:46   |         |
| □□ 4   | 3.25     | 20:39    | 6:21         | 23      | 7:56    | 90      | 8:06    | 13.00 | 1:21:04   | 6:14      | 23            | 30:21   | 97      | 31:52   |         |
| □□ 5   | 3.25     | 21:33    | 6:37         | 26      | 8:43    | 94      | 8:51    | 16.25 | 1:42:37   | 6:18      | 24            | 39:04   | 98      | 40:43   |         |
| □□ 6   | 3.25     | 23:44    | 7:18         | 26      | 10:51   | 105     | 10:51   | 19.50 | 2:06:21   | 6:28      | 24            | 49:55   | 98      | 51:33   |         |
| □□□ □□ | 3.25     | 30:48    | 9:28         | 27      | 17:50   | 108     | 18:25   | 22.75 | 2:37:09   | 6:54      | 26            | 1:07:45 | 103     | 1:09:58 |         |