



11. Kristall-Marathon

Merkers / 12.02.2017

□□□□

MERTEN, Torsten

□□: 1.FC Köln

□□: 85

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:38:55

□□: 11.51 km/h

□□□□: 5:11 min/km

□□□□□/□□□: 20 (of 110)

□□□□□/□: 20 (of 100)

□□□□□□: 2:42:44

□□□□□: 5(of 19)

□□□□□□□: 3:09:18

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 17:03 | 5:14 | 11 | 4:25 | 54 | 5:50 | 3.25 | 17:03 | 5:14 | 11 | 4:25 | 54 | 5:50 | |
| □□ 2 | 3.25 | 16:33 | 5:05 | 5 | 3:03 | 37 | 4:50 | 6.50 | 33:36 | 5:10 | 10 | 7:28 | 47 | 10:40 | |
| □□ 3 | 3.25 | 15:49 | 4:51 | 4 | 2:21 | 25 | 3:37 | 9.75 | 49:25 | 5:04 | 4 | 9:49 | 32 | 14:17 | |
| □□ 4 | 3.25 | 15:46 | 4:51 | 4 | 2:12 | 19 | 3:14 | 13.00 | 1:05:11 | 5:00 | 4 | 12:01 | 28 | 17:31 | |
| □□ 5 | 3.25 | 16:02 | 4:56 | 4 | 2:02 | 20 | 3:18 | 16.25 | 1:21:13 | 4:59 | 4 | 14:03 | 28 | 20:49 | |
| □□ 6 | 3.25 | 16:30 | 5:04 | 5 | 2:01 | 22 | 3:44 | 19.50 | 1:37:43 | 5:00 | 4 | 15:35 | 27 | 24:23 | |
| □□ 7 | 3.25 | 16:26 | 5:03 | 5 | 2:09 | 23 | 3:53 | 22.75 | 1:54:09 | 5:01 | 4 | 17:44 | 26 | 28:16 | |
| □□ 8 | 3.25 | 17:12 | 5:17 | 4 | 2:27 | 24 | 4:28 | 26.00 | 2:11:21 | 5:03 | 4 | 20:01 | 25 | 32:44 | |
| □□ 9 | 3.25 | 17:12 | 5:17 | 5 | 2:23 | 24 | 4:24 | 29.25 | 2:28:33 | 5:04 | 5 | 21:00 | 27 | 37:08 | |
| □□ 10 | 3.25 | 17:35 | 5:24 | 5 | 2:30 | 20 | 4:40 | 32.50 | 2:46:08 | 5:06 | 5 | 22:34 | 25 | 41:48 | |
| □□ 11 | 3.25 | 17:33 | 5:24 | 5 | 2:27 | 21 | 4:33 | 35.75 | 3:03:41 | 5:08 | 5 | 24:44 | 23 | 46:21 | |
| □□ 12 | 3.25 | 17:46 | 5:28 | 6 | 2:29 | 18 | 5:01 | 39.00 | 3:21:27 | 5:09 | 5 | 27:02 | 23 | 51:22 | |
| □□□ □□ | 3.25 | 17:28 | 5:22 | 6 | 3:19 | 21 | 4:49 | 42.25 | 3:38:55 | 5:10 | 5 | 29:37 | 20 | 56:11 | |