



11. Kristall-Marathon

Merkers / 12.02.2017

□□□□

BECKER, Maik

□□: ACTREME Team

□□: 7

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:41:15

□□: 11.39 km/h

□□□□: 5:14 min/km

□□□□□/□□□: 23 (of 110)

□□□□□/□: 23 (of 100)

□□□□□□: 2:42:44

□□□□□: 6(of 26)

□□□□□□□: 3:07:53

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 15:18 | 4:42 | 9 | 2:14 | 25 | 4:05 | 3.25 | 15:18 | 4:42 | 9 | 2:14 | 25 | 4:05 | |
| □□ 2 | 3.25 | 14:51 | 4:34 | 5 | 1:17 | 15 | 3:08 | 6.50 | 30:09 | 4:38 | 7 | 3:31 | 20 | 7:13 | |
| □□ 3 | 3.25 | 15:08 | 4:39 | 5 | 1:18 | 16 | 2:56 | 9.75 | 45:17 | 4:38 | 7 | 4:49 | 20 | 10:09 | |
| □□ 4 | 3.25 | 15:18 | 4:42 | 5 | 1:11 | 16 | 2:46 | 13.00 | 1:00:35 | 4:39 | 5 | 6:00 | 18 | 12:55 | |
| □□ 5 | 3.25 | 15:14 | 4:41 | 4 | 1:12 | 16 | 2:30 | 16.25 | 1:15:49 | 4:39 | 5 | 7:12 | 17 | 15:25 | |
| □□ 6 | 3.25 | 15:44 | 4:50 | 4 | 1:38 | 17 | 2:58 | 19.50 | 1:31:33 | 4:41 | 5 | 8:50 | 17 | 18:13 | |
| □□ 7 | 3.25 | 16:43 | 5:08 | 8 | 2:29 | 26 | 4:10 | 22.75 | 1:48:16 | 4:45 | 5 | 11:19 | 18 | 22:23 | |
| □□ 8 | 3.25 | 17:15 | 5:18 | 7 | 2:48 | 25 | 4:31 | 26.00 | 2:05:31 | 4:49 | 6 | 14:07 | 19 | 26:54 | |
| □□ 9 | 3.25 | 17:34 | 5:24 | 7 | 3:06 | 27 | 4:46 | 29.25 | 2:23:05 | 4:53 | 6 | 17:13 | 19 | 31:40 | |
| □□ 10 | 3.25 | 17:43 | 5:27 | 4 | 2:44 | 24 | 4:48 | 32.50 | 2:40:48 | 4:56 | 6 | 19:57 | 19 | 36:28 | |
| □□ 11 | 3.25 | 19:48 | 6:05 | 15 | 4:47 | 48 | 6:48 | 35.75 | 3:00:36 | 5:03 | 6 | 24:44 | 20 | 43:16 | |
| □□ 12 | 3.25 | 20:33 | 6:19 | 16 | 4:41 | 49 | 7:48 | 39.00 | 3:21:09 | 5:09 | 7 | 29:25 | 21 | 51:04 | |
| □□□ □□ | 3.25 | 20:06 | 6:11 | 13 | 3:57 | 51 | 7:27 | 42.25 | 3:41:15 | 5:14 | 6 | 33:22 | 23 | 58:31 | |