



11. Kristall-Marathon

Merkers / 12.02.2017

□□□□

PORSTNER, Crispin

□□: Bremen

□□: 104

□□: 42.25 km

Marathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 3:55:57

□□: 10.68 km/h

□□□□: 5:35 min/km

□□□□□/□□□□: 42 (of 110)

□□□□□/□: 40 (of 100)

□□□□□□: 2:42:44

□□□□□: 6(of 10)

□□□□□□□: 2:54:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	14:25	4:26	4	2:13	15	3:12	3.25	14:25	4:26	4	2:13	15	3:12	
□□ 2	3.25	14:52	4:34	4	2:12	16	3:09	6.50	29:17	4:30	4	3:49	15	6:21	
□□ 3	3.25	15:14	4:41	4	2:42	17	3:02	9.75	44:31	4:33	4	6:29	16	9:23	
□□ 4	3.25	16:00	4:55	4	3:20	24	3:28	13.00	1:00:31	4:39	4	9:49	17	12:51	
□□ 5	3.25	16:14	4:59	4	3:28	24	3:30	16.25	1:16:45	4:43	4	13:17	18	16:21	
□□ 6	3.25	16:37	5:06	4	3:50	27	3:51	19.50	1:33:22	4:47	4	17:07	20	20:02	
□□ 7	3.25	16:59	5:13	5	3:51	30	4:26	22.75	1:50:21	4:51	4	20:58	20	24:28	
□□ 8	3.25	17:03	5:14	4	3:44	22	4:19	26.00	2:07:24	4:54	4	24:42	20	28:47	
□□ 9	3.25	19:36	6:01	7	5:39	54	6:48	29.25	2:27:00	5:01	5	30:21	22	35:35	
□□ 10	3.25	20:06	6:11	6	6:03	59	7:11	32.50	2:47:06	5:08	5	36:24	28	42:46	
□□ 11	3.25	20:37	6:20	6	6:19	57	7:37	35.75	3:07:43	5:15	5	42:43	30	50:23	
□□ 12	3.25	22:39	6:58	7	8:12	63	9:54	39.00	3:30:22	5:23	5	50:55	33	1:00:17	
□□□ □□	3.25	25:35	7:52	8	11:08	85	12:56	42.25	3:55:57	5:35	6	1:01:35	40	1:13:13	