



# 11. Kristall-Marathon

Merkers / 12.02.2017

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**KNAACK, Tobias**

□□: FC St. Pauli Triathlon

□□: 68

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:59:20

□□: 10.53 km/h

□□□□: 5:40 min/km

□□□□□/□□□: 54 (of 110)

□□□□□/□: 51 (of 100)

□□□□□□: 2:42:44

□□□□□: 8(of 19)

□□□□□□□: 3:09:18

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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     | 17:11    | 5:17         | 12      | 4:33    | 58      | 5:58    | 3.25  | 17:11     | 5:17      | 12            | 4:33    | 58      | 5:58    |         |
| □□ 2   | 3.25     | 16:56    | 5:12         | 12      | 3:26    | 48      | 5:13    | 6.50  | 34:07     | 5:14      | 12            | 7:59    | 53      | 11:11   |         |
| □□ 3   | 3.25     | 17:13    | 5:17         | 9       | 3:45    | 49      | 5:01    | 9.75  | 51:20     | 5:15      | 10            | 11:44   | 50      | 16:12   |         |
| □□ 4   | 3.25     | 17:35    | 5:24         | 9       | 4:01    | 51      | 5:03    | 13.00 | 1:08:55   | 5:18      | 10            | 15:45   | 52      | 21:15   |         |
| □□ 5   | 3.25     | 17:37    | 5:25         | 7       | 3:37    | 44      | 4:53    | 16.25 | 1:26:32   | 5:19      | 9             | 19:22   | 50      | 26:08   |         |
| □□ 6   | 3.25     | 17:54    | 5:30         | 8       | 3:25    | 53      | 5:08    | 19.50 | 1:44:26   | 5:21      | 9             | 22:18   | 50      | 31:06   |         |
| □□ 7   | 3.25     | 18:44    | 5:45         | 11      | 4:27    | 64      | 6:11    | 22.75 | 2:03:10   | 5:24      | 9             | 26:45   | 50      | 37:17   |         |
| □□ 8   | 3.25     | 19:09    | 5:53         | 11      | 4:24    | 63      | 6:25    | 26.00 | 2:22:19   | 5:28      | 9             | 30:59   | 52      | 43:42   |         |
| □□ 9   | 3.25     | 19:54    | 6:07         | 10      | 5:05    | 61      | 7:06    | 29.25 | 2:42:13   | 5:32      | 11            | 34:40   | 58      | 50:48   |         |
| □□ 10  | 3.25     | 19:51    | 6:06         | 10      | 4:46    | 56      | 6:56    | 32.50 | 3:02:04   | 5:36      | 11            | 38:30   | 56      | 57:44   |         |
| □□ 11  | 3.25     | 19:02    | 5:51         | 7       | 3:56    | 34      | 6:02    | 35.75 | 3:21:06   | 5:37      | 10            | 42:09   | 54      | 1:03:46 |         |
| □□ 12  | 3.25     | 19:26    | 5:58         | 8       | 4:09    | 37      | 6:41    | 39.00 | 3:40:32   | 5:39      | 8             | 46:07   | 52      | 1:10:27 |         |
| □□□ □□ | 3.25     | 18:48    | 5:47         | 8       | 4:39    | 33      | 6:09    | 42.25 | 3:59:20   | 5:39      | 8             | 50:02   | 51      | 1:16:36 |         |