



11. Kristall-Marathon

Merkers / 12.02.2017

0000

CHOYNA, Michael

00: Berlin

00: 21

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:05:33

00: 10.26 km/h

0000: 5:49 min/km

00000/0000: 63 (of 110)

00000/0: 58 (of 100)

000000: 2:42:44

00000: 11(of 16)

0000000: 2:42:44

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|--------|------|-------|--------|----|------|----|------|-------|---------|--------|----|---------|----|---------|
| | km | 00 | min/km | - | - | 0 | 0 | km | 00 | min/km | - | - | 0 | 0 |
| 00 1 | 3.25 | 16:58 | 5:13 | 9 | 5:45 | 48 | 5:45 | 3.25 | 16:58 | 5:13 | 9 | 5:45 | 48 | 5:45 |
| 00 2 | 3.25 | 16:32 | 5:05 | 8 | 4:49 | 36 | 4:49 | 6.50 | 33:30 | 5:09 | 9 | 10:34 | 40 | 10:34 |
| 00 3 | 3.25 | 16:35 | 5:06 | 7 | 4:23 | 38 | 4:23 | 9.75 | 50:05 | 5:08 | 8 | 14:57 | 41 | 14:57 |
| 00 4 | 3.25 | 16:57 | 5:12 | 9 | 4:25 | 41 | 4:25 | 13.00 | 1:07:02 | 5:09 | 7 | 19:22 | 39 | 19:22 |
| 00 5 | 3.25 | 17:24 | 5:21 | 9 | 4:40 | 41 | 4:40 | 16.25 | 1:24:26 | 5:11 | 7 | 24:02 | 40 | 24:02 |
| 00 6 | 3.25 | 17:55 | 5:30 | 10 | 4:59 | 54 | 5:09 | 19.50 | 1:42:21 | 5:14 | 7 | 29:01 | 39 | 29:01 |
| 00 7 | 3.25 | 18:28 | 5:40 | 10 | 5:55 | 59 | 5:55 | 22.75 | 2:00:49 | 5:18 | 9 | 34:56 | 43 | 34:56 |
| 00 8 | 3.25 | 19:52 | 6:06 | 13 | 7:08 | 68 | 7:08 | 26.00 | 2:20:41 | 5:24 | 9 | 42:04 | 46 | 42:04 |
| 00 9 | 3.25 | 20:30 | 6:18 | 14 | 7:42 | 68 | 7:42 | 29.25 | 2:41:11 | 5:30 | 10 | 49:46 | 54 | 49:46 |
| 00 10 | 3.25 | 21:54 | 6:44 | 13 | 8:59 | 71 | 8:59 | 32.50 | 3:03:05 | 5:38 | 11 | 58:45 | 60 | 58:45 |
| 00 11 | 3.25 | 21:30 | 6:36 | 13 | 8:30 | 63 | 8:30 | 35.75 | 3:24:35 | 5:43 | 11 | 1:07:15 | 61 | 1:07:15 |
| 00 12 | 3.25 | 21:12 | 6:31 | 12 | 8:27 | 59 | 8:27 | 39.00 | 3:45:47 | 5:47 | 11 | 1:15:42 | 61 | 1:15:42 |
| 000 00 | 3.25 | 19:46 | 6:04 | 10 | 7:07 | 44 | 7:07 | 42.25 | 4:05:33 | 5:48 | 11 | 1:22:49 | 58 | 1:22:49 |