



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

FORSTER, Josef jun.

□□: SV Dolling

□□: 361

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 1:41:02

□□: 13.06 km/h

□□□□: 4:26 min/km

□□□□□/□□□: 23 (of 261)

□□□□□/□: 23 (of 215)

□□□□□□: 1:25:10

□□□□□: 6(of 19)

□□□□□□□: 1:25:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 14:20 | 4:24 | 6 | 3:02 | 40 | 3:02 | 3.25 | 14:20 | 4:24 | 6 | 3:02 | 40 | 3:02 | |
| □□ 2 | 3.25 | 14:12 | 4:22 | 6 | 2:23 | 29 | 2:23 | 6.50 | 28:32 | 4:23 | 6 | 5:11 | 29 | 5:11 | |
| □□ 3 | 3.25 | 14:27 | 4:26 | 5 | 2:15 | 25 | 2:15 | 9.75 | 42:59 | 4:24 | 6 | 7:26 | 26 | 7:26 | |
| □□ 4 | 3.25 | 14:22 | 4:25 | 7 | 1:56 | 22 | 1:56 | 13.00 | 57:21 | 4:24 | 6 | 9:22 | 25 | 9:22 | |
| □□ 5 | 3.25 | 14:39 | 4:30 | 7 | 2:09 | 24 | 2:09 | 16.25 | 1:12:00 | 4:25 | 6 | 11:31 | 25 | 11:31 | |
| □□ 6 | 3.25 | 14:41 | 4:31 | 6 | 2:13 | 20 | 2:13 | 19.50 | 1:26:41 | 4:26 | 6 | 13:44 | 23 | 13:44 | |
| □□□ □□ | 3.25 | 14:21 | 4:24 | 4 | 2:08 | 17 | 12:15 | 22.75 | 1:41:02 | 4:26 | 6 | 15:52 | 25 | 1:38:56 | |