



# 12. Kristall-Marathon

Merkers / 18.02.2018

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## ZECHMEISTER, Torsten

□□: Runaway´s Rückers

□□: 568

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 1:52:03

□□: 11.78 km/h

□□□□: 4:56 min/km

□□□□□/□□□: 65 (of 261)

□□□□□/□: 61 (of 215)

□□□□□□: 1:25:10

□□□□□: 8(of 34)

□□□□□□□: 1:39:17

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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     | 15:13    | 4:40         | 8       | 2:22    | 65      | 3:55    | 3.25  | 15:13     | 4:40      | 8             | 2:22    | 65      | 3:55    |         |
| □□ 2   | 3.25     | 15:19    | 4:42         | 7       | 1:10    | 60      | 3:30    | 6.50  | 30:32     | 4:41      | 7             | 3:32    | 62      | 7:11    |         |
| □□ 3   | 3.25     | 15:23    | 4:44         | 7       | 1:00    | 50      | 3:11    | 9.75  | 45:55     | 4:42      | 7             | 4:32    | 56      | 10:22   |         |
| □□ 4   | 3.25     | 15:36    | 4:47         | 7       | 2:01    | 46      | 3:10    | 13.00 | 1:01:31   | 4:43      | 8             | 5:39    | 55      | 13:32   |         |
| □□ 5   | 3.25     | 15:56    | 4:54         | 8       | 2:48    | 51      | 3:26    | 16.25 | 1:17:27   | 4:45      | 8             | 7:04    | 55      | 16:58   |         |
| □□ 6   | 3.25     | 17:04    | 5:15         | 8       | 3:16    | 70      | 4:36    | 19.50 | 1:34:31   | 4:50      | 8             | 9:30    | 54      | 21:34   |         |
| □□□ □□ | 3.25     | 17:32    | 5:23         | 9       | 3:57    | 78      | 15:26   | 22.75 | 1:52:03   | 4:55      | 9             | 20:24   | 63      | 1:49:57 |         |