



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

RICHTER, Thomas

□□: -

□□: 479

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 1:59:52

□□: 11.01 km/h

□□□□: 5:16 min/km

□□□□□/□□□: 85 (of 261)

□□□□□/□: 80 (of 215)

□□□□□□: 1:25:10

□□□□□: 5(of 20)

□□□□□□□: 1:47:11

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 17:30 | 5:23 | 10 | 2:45 | 129 | 6:12 | 3.25 | 17:30 | 5:23 | 10 | 2:45 | 129 | 6:12 |
| □□ 2 | 3.25 | 16:45 | 5:09 | 5 | 1:42 | 97 | 4:56 | 6.50 | 34:15 | 5:16 | 6 | 4:27 | 107 | 10:54 |
| □□ 3 | 3.25 | 16:58 | 5:13 | 5 | 1:42 | 83 | 4:46 | 9.75 | 51:13 | 5:15 | 6 | 6:09 | 98 | 15:40 |
| □□ 4 | 3.25 | 17:05 | 5:15 | 5 | 1:49 | 77 | 4:39 | 13.00 | 1:08:18 | 5:15 | 6 | 7:58 | 94 | 20:19 |
| □□ 5 | 3.25 | 17:13 | 5:17 | 5 | 1:43 | 73 | 4:43 | 16.25 | 1:25:31 | 5:15 | 5 | 9:41 | 85 | 25:02 |
| □□ 6 | 3.25 | 17:42 | 5:26 | 6 | 1:57 | 78 | 5:14 | 19.50 | 1:43:13 | 5:17 | 5 | 11:38 | 85 | 30:16 |
| □□□ □□ | 3.25 | 16:39 | 5:07 | 6 | 1:03 | 63 | 14:33 | 22.75 | 1:59:52 | 5:16 | 5 | 12:41 | 82 | 1:57:46 |