



12. Kristall-Marathon

Merkers / 18.02.2018

POHL, Andreas

POHL, Andreas

POHL: -

POHL: 472

POHL: 22.75 km

Halbmarathon

POHL:

Senioren M50 (50-54 Jahre)

POHL: 2:02:23

POHL: 11.15 km/h

POHL: 5:23 min/km

POHL/POHL: 94 (of 261)

POHL/POHL: 85 (of 215)

POHL: 1:25:10

POHL: 19(of 42)

POHL: 1:35:41

POHL

POHL

POHL

POHL	km	POHL	min/km	-	-	POHL	POHL	POHL	POHL	min/km	-	-	POHL	POHL
POHL 1	3.25	16:05	4:56	17	3:33	87	4:47	3.25	16:05	4:56	17	3:33	87	4:47
POHL 2	3.25	16:23	5:02	15	3:12	81	4:34	6.50	32:28	4:59	17	6:45	86	9:07
POHL 3	3.25	16:37	5:06	15	3:02	76	4:25	9.75	49:05	5:02	14	9:47	80	13:32
POHL 4	3.25	17:13	5:17	16	3:04	81	4:47	13.00	1:06:18	5:05	14	12:51	78	18:19
POHL 5	3.25	17:56	5:31	20	3:32	90	5:26	16.25	1:24:14	5:11	16	16:08	81	23:45
POHL 6	3.25	18:53	5:48	19	5:02	99	6:25	19.50	1:43:07	5:17	19	21:10	84	30:10
POHL POHL	3.25	19:16	5:55	19	5:32	108	17:10	22.75	2:02:23	5:22	19	26:42	87	2:00:17