



# 12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

**LUDWIG, Uwe**

□□: Team Bittel

□□: 437

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 2:16:13

□□: 9.69 km/h

□□□□: 5:59 min/km

□□□□□/□□□: 156 (of 261)

□□□□□/□: 141 (of 215)

□□□□□□: 1:25:10

□□□□□: 11(of 20)

□□□□□□□: 1:47:11

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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     | 17:12    | 5:17         | 8       | 2:27    | 121     | 5:54    | 3.25  | 17:12     | 5:17      | 8             | 2:27    | 121     | 5:54    |         |
| □□ 2   | 3.25     | 17:54    | 5:30         | 10      | 2:51    | 131     | 6:05    | 6.50  | 35:06     | 5:24      | 9             | 5:18    | 126     | 11:45   |         |
| □□ 3   | 3.25     | 18:22    | 5:39         | 9       | 3:06    | 125     | 6:10    | 9.75  | 53:28     | 5:29      | 9             | 8:24    | 122     | 17:55   |         |
| □□ 4   | 3.25     | 19:08    | 5:53         | 11      | 3:52    | 133     | 6:42    | 13.00 | 1:12:36   | 5:35      | 9             | 12:16   | 125     | 24:37   |         |
| □□ 5   | 3.25     | 20:28    | 6:17         | 13      | 4:58    | 152     | 7:58    | 16.25 | 1:33:04   | 5:43      | 10            | 17:14   | 132     | 32:35   |         |
| □□ 6   | 3.25     | 21:43    | 6:40         | 14      | 5:58    | 160     | 9:15    | 19.50 | 1:54:47   | 5:53      | 11            | 23:12   | 138     | 41:50   |         |
| □□□ □□ | 3.25     | 21:26    | 6:35         | 14      | 5:50    | 156     | 19:20   | 22.75 | 2:16:13   | 5:59      | 11            | 29:02   | 143     | 2:14:07 |         |