



12. Kristall-Marathon

Merkers / 18.02.2018

0000

BERG, Heiko

00: -

00: 315

00: 22.75 km

Halbmarathon

0000:

Senioren M50 (50-54 Jahre)

000: 2:34:43

00: 8.53 km/h

0000: 6:48 min/km

00000/000: 211 (of 261)

00000/0: 182 (of 215)

000000: 1:25:10

00000: 37(of 42)

0000000: 1:35:41

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	3.25	17:57	5:31	27	5:25	144	6:39	3.25	17:57	5:31	27	5:25	144	6:39
00 2	3.25	20:55	6:26	39	7:44	189	9:06	6.50	38:52	5:58	33	13:09	166	15:31
00 3	3.25	23:20	7:10	41	9:45	201	11:08	9.75	1:02:12	6:22	37	22:54	182	26:39
00 4	3.25	21:32	6:37	33	7:23	178	9:06	13.00	1:23:44	6:26	36	30:17	183	35:45
00 5	3.25	21:57	6:45	31	7:33	171	9:27	16.25	1:45:41	6:30	35	37:35	180	45:12
00 6	3.25	24:23	7:30	40	10:32	191	11:55	19.50	2:10:04	6:40	36	48:07	181	57:07
000 00	3.25	24:39	7:35	39	10:55	188	22:33	22.75	2:34:43	6:48	37	59:02	184	2:32:37