



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

ANDRAE, Wolfram

□□: Hunsrück-Marathon e.V.

□□: 600

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:40:02

□□: 11.45 km/h

□□□□: 5:13 min/km

□□□□□/□□□: 34 (of 168)

□□□□□/□: 33 (of 144)

□□□□□□: 2:45:49

□□□□□: 8(of 29)

□□□□□□□: 2:56:23

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 15:24 | 4:44 | 7 | 2:27 | 32 | 4:30 | 3.25 | 15:24 | 4:44 | 7 | 2:27 | 32 | 4:30 | |
| □□ 2 | 3.25 | 15:37 | 4:48 | 7 | 2:37 | 31 | 3:50 | 6.50 | 31:01 | 4:46 | 7 | 5:04 | 33 | 8:20 | |
| □□ 3 | 3.25 | 16:10 | 4:58 | 8 | 3:04 | 40 | 3:45 | 9.75 | 47:11 | 4:50 | 7 | 8:08 | 34 | 12:05 | |
| □□ 4 | 3.25 | 16:43 | 5:08 | 9 | 3:05 | 43 | 4:06 | 13.00 | 1:03:54 | 4:54 | 7 | 11:13 | 34 | 16:11 | |
| □□ 5 | 3.25 | 16:51 | 5:11 | 9 | 3:12 | 42 | 4:31 | 16.25 | 1:20:45 | 4:58 | 7 | 14:25 | 36 | 20:42 | |
| □□ 6 | 3.25 | 17:02 | 5:14 | 10 | 3:21 | 41 | 4:38 | 19.50 | 1:37:47 | 5:00 | 8 | 17:46 | 38 | 25:20 | |
| □□ 7 | 3.25 | 17:51 | 5:29 | 15 | 4:25 | 61 | 5:03 | 22.75 | 1:55:38 | 5:04 | 8 | 22:11 | 38 | 30:23 | |
| □□ 8 | 3.25 | 17:10 | 5:16 | 9 | 3:36 | 38 | 4:21 | 26.00 | 2:12:48 | 5:06 | 8 | 25:47 | 38 | 34:44 | |
| □□ 9 | 3.25 | 17:48 | 5:28 | 11 | 4:21 | 38 | 4:40 | 29.25 | 2:30:36 | 5:08 | 8 | 30:08 | 38 | 39:19 | |
| □□ 10 | 3.25 | 17:27 | 5:22 | 8 | 3:49 | 33 | 4:37 | 32.50 | 2:48:03 | 5:10 | 8 | 33:57 | 37 | 43:56 | |
| □□ 11 | 3.25 | 17:45 | 5:27 | 8 | 3:34 | 32 | 4:15 | 35.75 | 3:05:48 | 5:11 | 8 | 37:31 | 37 | 48:11 | |
| □□ 12 | 3.25 | 17:43 | 5:27 | 6 | 3:29 | 30 | 3:46 | 39.00 | 3:23:31 | 5:13 | 8 | 41:00 | 35 | 51:57 | |
| □□□ □□ | 3.25 | 16:31 | 5:04 | 5 | 2:39 | 20 | 2:39 | 42.25 | 3:40:02 | 5:12 | 8 | 43:39 | 33 | 54:13 | |