



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

ÖHM, Martin

□□: 37073

□□: 741

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 3:40:00

□□: 11.45 km/h

□□□□: 5:13 min/km

□□□□□/□□□: 33 (of 168)

□□□□□/□: 32 (of 144)

□□□□□□: 2:45:49

□□□□□: 10(of 15)

□□□□□□□: 2:45:49

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 15:42 | 4:49 | 8 | 4:48 | 38 | 4:48 | 3.25 | 15:42 | 4:49 | 8 | 4:48 | 38 | 4:48 | |
| □□ 2 | 3.25 | 15:26 | 4:44 | 6 | 3:39 | 26 | 3:39 | 6.50 | 31:08 | 4:47 | 9 | 8:27 | 35 | 8:27 | |
| □□ 3 | 3.25 | 15:37 | 4:48 | 7 | 3:12 | 29 | 3:12 | 9.75 | 46:45 | 4:47 | 8 | 11:39 | 30 | 11:39 | |
| □□ 4 | 3.25 | 16:01 | 4:55 | 7 | 3:24 | 30 | 3:24 | 13.00 | 1:02:46 | 4:49 | 8 | 15:03 | 29 | 15:03 | |
| □□ 5 | 3.25 | 16:31 | 5:04 | 9 | 4:11 | 36 | 4:11 | 16.25 | 1:19:17 | 4:52 | 8 | 19:14 | 30 | 19:14 | |
| □□ 6 | 3.25 | 16:21 | 5:01 | 9 | 3:57 | 33 | 3:57 | 19.50 | 1:35:38 | 4:54 | 8 | 23:11 | 31 | 23:11 | |
| □□ 7 | 3.25 | 16:58 | 5:13 | 11 | 4:10 | 37 | 4:10 | 22.75 | 1:52:36 | 4:56 | 9 | 27:21 | 33 | 27:21 | |
| □□ 8 | 3.25 | 17:07 | 5:15 | 11 | 4:18 | 36 | 4:18 | 26.00 | 2:09:43 | 4:59 | 10 | 31:39 | 35 | 31:39 | |
| □□ 9 | 3.25 | 17:40 | 5:26 | 10 | 4:27 | 34 | 4:32 | 29.25 | 2:27:23 | 5:02 | 10 | 36:06 | 33 | 36:06 | |
| □□ 10 | 3.25 | 17:45 | 5:27 | 10 | 4:55 | 36 | 4:55 | 32.50 | 2:45:08 | 5:04 | 10 | 41:01 | 33 | 41:01 | |
| □□ 11 | 3.25 | 18:36 | 5:43 | 11 | 5:06 | 41 | 5:06 | 35.75 | 3:03:44 | 5:08 | 11 | 46:07 | 34 | 46:07 | |
| □□ 12 | 3.25 | 18:41 | 5:44 | 11 | 4:44 | 43 | 4:44 | 39.00 | 3:22:25 | 5:11 | 10 | 50:51 | 33 | 50:51 | |
| □□□ □□ | 3.25 | 17:35 | 5:24 | 9 | 3:20 | 29 | 3:43 | 42.25 | 3:40:00 | 5:12 | 10 | 54:11 | 32 | 54:11 | |