



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

ZINN, Michael

□□: DekaBank Sport e.V.

□□: 833

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:49:43

□□: 10.97 km/h

□□□□: 5:26 min/km

□□□□□/□□□: 49 (of 168)

□□□□□/□: 46 (of 144)

□□□□□□: 2:45:49

□□□□□: 11(of 29)

□□□□□□□: 2:56:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:01	5:14	17	4:04	72	6:07	3.25	17:01	5:14	17	4:04	72	6:07
□□ 2	3.25	16:16	5:00	10	3:16	45	4:29	6.50	33:17	5:07	12	7:20	59	10:36
□□ 3	3.25	16:39	5:07	12	3:33	50	4:14	9.75	49:56	5:07	11	10:53	55	14:50
□□ 4	3.25	16:49	5:10	11	3:11	47	4:12	13.00	1:06:45	5:08	11	14:04	54	19:02
□□ 5	3.25	17:16	5:18	13	3:37	55	4:56	16.25	1:24:01	5:10	11	17:41	51	23:58
□□ 6	3.25	17:11	5:17	11	3:30	48	4:47	19.50	1:41:12	5:11	12	21:11	52	28:45
□□ 7	3.25	17:09	5:16	9	3:43	44	4:21	22.75	1:58:21	5:12	12	24:54	50	33:06
□□ 8	3.25	17:36	5:24	11	4:02	45	4:47	26.00	2:15:57	5:13	11	28:56	48	37:53
□□ 9	3.25	17:45	5:27	10	4:18	37	4:37	29.25	2:33:42	5:15	10	33:14	46	42:25
□□ 10	3.25	18:06	5:34	11	4:28	40	5:16	32.50	2:51:48	5:17	10	37:42	43	47:41
□□ 11	3.25	18:34	5:42	10	4:23	39	5:04	35.75	3:10:22	5:19	10	42:05	42	52:45
□□ 12	3.25	18:38	5:44	11	4:24	42	4:41	39.00	3:29:00	5:21	11	46:29	42	57:26
□□□ □□	3.25	20:43	6:22	16	6:51	75	6:51	42.25	3:49:43	5:26	11	53:20	46	1:03:54