



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

SCHNECKENBURGER, Steffen

□□: SG Walldorf Astoria 1902 e.V.

□□: 780

□□: 42.25 km

Marathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 3:56:43

□□: 10.65 km/h

□□□□: 5:36 min/km

□□□□□/□□□□: 61 (of 168)

□□□□□/□: 56 (of 144)

□□□□□□: 2:45:49

□□□□□: 7(of 10)

□□□□□□□: 3:03:49

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:00	4:55	5	3:13	43	5:06	3.25	16:00	4:55	5	3:13	43	5:06	
□□ 2	3.25	16:24	5:02	7	3:38	50	4:37	6.50	32:24	4:59	5	6:51	43	9:43	
□□ 3	3.25	16:33	5:05	7	3:49	48	4:08	9.75	48:57	5:01	6	10:40	44	13:51	
□□ 4	3.25	16:36	5:06	7	3:27	39	3:59	13.00	1:05:33	5:02	7	14:07	46	17:50	
□□ 5	3.25	16:39	5:07	7	3:17	40	4:19	16.25	1:22:12	5:03	7	17:24	44	22:09	
□□ 6	3.25	16:48	5:10	7	3:20	40	4:24	19.50	1:39:00	5:04	7	20:44	41	26:33	
□□ 7	3.25	17:07	5:15	6	3:14	40	4:19	22.75	1:56:07	5:06	7	23:58	40	30:52	
□□ 8	3.25	17:47	5:28	7	3:04	49	4:58	26.00	2:13:54	5:09	7	26:53	40	35:50	
□□ 9	3.25	18:16	5:37	6	3:47	49	5:08	29.25	2:32:10	5:12	7	30:15	42	40:53	
□□ 10	3.25	20:02	6:09	7	4:42	74	7:12	32.50	2:52:12	5:17	7	34:57	45	48:05	
□□ 11	3.25	21:28	6:36	7	6:05	80	7:58	35.75	3:13:40	5:25	7	41:02	50	56:03	
□□ 12	3.25	21:47	6:42	6	5:57	79	7:50	39.00	3:35:27	5:31	7	46:59	56	1:03:53	
□□□ □□	3.25	21:16	6:32	6	5:59	79	7:24	42.25	3:56:43	5:36	7	52:54	56	1:10:54	