



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

KRÜGER, Gerd

□□: -

□□: 711

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:57:22

□□: 10.62 km/h

□□□□: 5:37 min/km

□□□□□/□□□□: 64 (of 168)

□□□□□/□: 59 (of 144)

□□□□□□: 2:45:49

□□□□□: 10(of 25)

□□□□□□□: 3:13:28

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:33 | 5:05 | 9 | 2:38 | 60 | 5:39 | 3.25 | 16:33 | 5:05 | 9 | 2:38 | 60 | 5:39 | |
| □□ 2 | 3.25 | 17:14 | 5:18 | 14 | 3:34 | 80 | 5:27 | 6.50 | 33:47 | 5:11 | 10 | 6:12 | 67 | 11:06 | |
| □□ 3 | 3.25 | 17:43 | 5:27 | 16 | 3:58 | 81 | 5:18 | 9.75 | 51:30 | 5:16 | 11 | 10:10 | 74 | 16:24 | |
| □□ 4 | 3.25 | 17:57 | 5:31 | 16 | 3:54 | 83 | 5:20 | 13.00 | 1:09:27 | 5:20 | 14 | 14:04 | 80 | 21:44 | |
| □□ 5 | 3.25 | 17:59 | 5:31 | 12 | 3:32 | 74 | 5:39 | 16.25 | 1:27:26 | 5:22 | 14 | 17:36 | 79 | 27:23 | |
| □□ 6 | 3.25 | 17:56 | 5:31 | 12 | 3:37 | 69 | 5:32 | 19.50 | 1:45:22 | 5:24 | 13 | 21:13 | 76 | 32:55 | |
| □□ 7 | 3.25 | 18:16 | 5:37 | 11 | 3:55 | 71 | 5:28 | 22.75 | 2:03:38 | 5:26 | 13 | 25:08 | 74 | 38:23 | |
| □□ 8 | 3.25 | 18:08 | 5:34 | 9 | 3:38 | 56 | 5:19 | 26.00 | 2:21:46 | 5:27 | 12 | 28:46 | 72 | 43:42 | |
| □□ 9 | 3.25 | 18:35 | 5:43 | 10 | 3:40 | 54 | 5:27 | 29.25 | 2:40:21 | 5:28 | 11 | 32:26 | 66 | 49:04 | |
| □□ 10 | 3.25 | 18:36 | 5:43 | 8 | 3:11 | 50 | 5:46 | 32.50 | 2:58:57 | 5:30 | 11 | 35:20 | 62 | 54:50 | |
| □□ 11 | 3.25 | 19:08 | 5:53 | 8 | 3:34 | 51 | 5:38 | 35.75 | 3:18:05 | 5:32 | 11 | 38:16 | 60 | 1:00:28 | |
| □□ 12 | 3.25 | 19:33 | 6:00 | 9 | 4:06 | 50 | 5:36 | 39.00 | 3:37:38 | 5:34 | 11 | 41:02 | 60 | 1:06:04 | |
| □□□ □□ | 3.25 | 19:44 | 6:04 | 12 | 4:58 | 60 | 5:52 | 42.25 | 3:57:22 | 5:37 | 10 | 43:54 | 59 | 1:11:33 | |