



# 12. Kristall-Marathon

Merkers / 18.02.2018

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LINDEN, Jürgen

□□: LT Schweich

□□: 716

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:59:29

□□: 10.52 km/h

□□□□: 5:40 min/km

□□□□□/□□□: 67 (of 168)

□□□□□/□: 62 (of 144)

□□□□□□: 2:45:49

□□□□□: 5(of 20)

□□□□□□□: 3:22:45

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:04	4:56	4	0:59	47	5:10	3.25	16:04	4:56	4	0:59	47	5:10	
□□ 2	3.25	17:11	5:17	8	2:15	76	5:24	6.50	33:15	5:06	6	3:14	58	10:34	
□□ 3	3.25	16:52	5:11	3	1:52	58	4:27	9.75	50:07	5:08	4	5:06	57	15:01	
□□ 4	3.25	17:06	5:15	4	2:03	58	4:29	13.00	1:07:13	5:10	4	7:09	56	19:30	
□□ 5	3.25	17:26	5:21	5	2:21	60	5:06	16.25	1:24:39	5:12	4	9:30	56	24:36	
□□ 6	3.25	18:49	5:47	11	3:22	91	6:25	19.50	1:43:28	5:18	6	12:52	63	31:01	
□□ 7	3.25	17:58	5:31	6	2:35	64	5:10	22.75	2:01:26	5:20	6	15:27	62	36:11	
□□ 8	3.25	18:59	5:50	7	3:06	72	6:10	26.00	2:20:25	5:24	6	18:33	64	42:21	
□□ 9	3.25	19:35	6:01	6	3:59	67	6:27	29.25	2:40:00	5:28	7	22:32	65	48:43	
□□ 10	3.25	19:25	5:58	5	3:01	63	6:35	32.50	2:59:25	5:31	6	25:33	63	55:18	
□□ 11	3.25	20:40	6:21	9	4:25	68	7:10	35.75	3:20:05	5:35	6	29:58	63	1:02:28	
□□ 12	3.25	21:12	6:31	8	4:54	67	7:15	39.00	3:41:17	5:40	5	34:52	63	1:09:43	
□□□ □□	3.25	18:12	5:35	4	2:17	40	4:20	42.25	3:59:29	5:40	5	36:44	62	1:13:40	