



12. Kristall-Marathon

Merkers / 18.02.2018

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MANTEL, Klaus

□□: Schauläufer

□□: 723

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:10:38

□□: 10.05 km/h

□□□□: 5:56 min/km

□□□□□/□□□□: 84 (of 168)

□□□□□/□: 78 (of 144)

□□□□□□: 2:45:49

□□□□□: 11(of 20)

□□□□□□□: 3:22:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:59	5:31	14	2:54	95	7:05	3.25	17:59	5:31	14	2:54	95	7:05	
□□ 2	3.25	18:57	5:49	15	4:01	110	7:10	6.50	36:56	5:40	15	6:55	104	14:15	
□□ 3	3.25	18:39	5:44	14	3:39	98	6:14	9.75	55:35	5:42	15	10:34	102	20:29	
□□ 4	3.25	18:54	5:48	14	3:51	102	6:17	13.00	1:14:29	5:43	15	14:25	102	26:46	
□□ 5	3.25	18:46	5:46	12	3:41	97	6:26	16.25	1:33:15	5:44	14	18:06	98	33:12	
□□ 6	3.25	18:23	5:39	9	2:56	81	5:59	19.50	1:51:38	5:43	13	21:02	96	39:11	
□□ 7	3.25	18:39	5:44	9	3:16	75	5:51	22.75	2:10:17	5:43	13	24:18	94	45:02	
□□ 8	3.25	19:33	6:00	10	3:40	77	6:44	26.00	2:29:50	5:45	12	27:58	91	51:46	
□□ 9	3.25	19:50	6:06	8	4:14	69	6:42	29.25	2:49:40	5:48	12	32:12	88	58:23	
□□ 10	3.25	19:39	6:02	6	3:15	65	6:49	32.50	3:09:19	5:49	12	35:27	83	1:05:12	
□□ 11	3.25	20:05	6:10	5	3:50	63	6:35	35.75	3:29:24	5:51	12	39:17	83	1:11:47	
□□ 12	3.25	20:36	6:20	7	4:18	62	6:39	39.00	3:50:00	5:53	12	43:35	79	1:18:26	
□□□ □□	3.25	20:38	6:20	9	4:43	74	6:46	42.25	4:10:38	5:55	11	47:53	78	1:24:49	