



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

RAGNIT, Uwe

□□: Taunusstein-Bleidenstadt

□□: 758

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:16:05

□□: 9.90 km/h

□□□□: 6:04 min/km

□□□□□/□□□: 93 (of 168)

□□□□□/□: 84 (of 144)

□□□□□□: 2:45:49

□□□□□: 19(of 29)

□□□□□□□: 2:56:23

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:58 | 5:13 | 16 | 4:01 | 71 | 6:04 | 3.25 | 16:58 | 5:13 | 16 | 4:01 | 71 | 6:04 |
| □□ 2 | 3.25 | 16:30 | 5:04 | 12 | 3:30 | 52 | 4:43 | 6.50 | 33:28 | 5:08 | 14 | 7:31 | 62 | 10:47 |
| □□ 3 | 3.25 | 16:45 | 5:09 | 13 | 3:39 | 53 | 4:20 | 9.75 | 50:13 | 5:09 | 13 | 11:10 | 60 | 15:07 |
| □□ 4 | 3.25 | 17:03 | 5:14 | 13 | 3:25 | 56 | 4:26 | 13.00 | 1:07:16 | 5:10 | 13 | 14:35 | 58 | 19:33 |
| □□ 5 | 3.25 | 17:26 | 5:21 | 16 | 3:47 | 60 | 5:06 | 16.25 | 1:24:42 | 5:12 | 14 | 18:22 | 58 | 24:39 |
| □□ 6 | 3.25 | 17:59 | 5:31 | 19 | 4:18 | 72 | 5:35 | 19.50 | 1:42:41 | 5:15 | 14 | 22:40 | 56 | 30:14 |
| □□ 7 | 3.25 | 18:56 | 5:49 | 20 | 5:30 | 84 | 6:08 | 22.75 | 2:01:37 | 5:20 | 17 | 28:10 | 65 | 36:22 |
| □□ 8 | 3.25 | 20:23 | 6:16 | 21 | 6:49 | 93 | 7:34 | 26.00 | 2:22:00 | 5:27 | 19 | 34:59 | 74 | 43:56 |
| □□ 9 | 3.25 | 21:29 | 6:36 | 19 | 8:02 | 97 | 8:21 | 29.25 | 2:43:29 | 5:35 | 18 | 43:01 | 74 | 52:12 |
| □□ 10 | 3.25 | 22:54 | 7:02 | 21 | 9:16 | 106 | 10:04 | 32.50 | 3:06:23 | 5:44 | 18 | 52:17 | 78 | 1:02:16 |
| □□ 11 | 3.25 | 22:26 | 6:54 | 19 | 8:15 | 93 | 8:56 | 35.75 | 3:28:49 | 5:50 | 18 | 1:00:32 | 81 | 1:11:12 |
| □□ 12 | 3.25 | 23:36 | 7:15 | 20 | 9:22 | 101 | 9:39 | 39.00 | 3:52:25 | 5:57 | 19 | 1:09:54 | 82 | 1:20:51 |
| □□□ □□ | 3.25 | 23:40 | 7:16 | 21 | 9:48 | 106 | 9:48 | 42.25 | 4:16:05 | 6:03 | 19 | 1:19:42 | 84 | 1:30:16 |