



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

RAGNIT, Uwe

□□: Taunusstein-Bleidenstadt

□□: 758

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:16:05

□□: 9.84 km/h

□□□□: 6:04 min/km

□□□□□/□□□: 93 (of 168)

□□□□□/□: 84 (of 144)

□□□□□□: 2:45:49

□□□□□: 19(of 29)

□□□□□□□: 2:56:23

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ 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	