



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

SLONEK, Marc

□□: -

□□: 791

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:18:54

□□: 9.73 km/h

□□□□: 6:08 min/km

□□□□□/□□□: 94 (of 168)

□□□□□/□: 85 (of 144)

□□□□□□: 2:45:49

□□□□□: 15(of 26)

□□□□□□□: 2:51:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:20	5:19	12	5:14	81	6:26	3.25	17:20	5:19	12	5:14	81	6:26	
□□ 2	3.25	18:19	5:38	16	5:44	101	6:32	6.50	35:39	5:29	14	10:58	94	12:58	
□□ 3	3.25	18:51	5:48	17	6:04	102	6:26	9.75	54:30	5:35	14	17:02	97	19:24	
□□ 4	3.25	19:16	5:55	19	6:23	107	6:39	13.00	1:13:46	5:40	15	23:25	99	26:03	
□□ 5	3.25	19:35	6:01	19	6:44	106	7:15	16.25	1:33:21	5:44	15	30:09	99	33:18	
□□ 6	3.25	19:41	6:03	19	7:00	99	7:17	19.50	1:53:02	5:47	19	37:09	102	40:35	
□□ 7	3.25	20:23	6:16	19	7:34	102	7:35	22.75	2:13:25	5:51	19	44:43	102	48:10	
□□ 8	3.25	20:14	6:13	16	7:01	90	7:25	26.00	2:33:39	5:54	19	51:44	102	55:35	
□□ 9	3.25	20:41	6:21	13	7:33	81	7:33	29.25	2:54:20	5:57	19	59:17	99	1:03:03	
□□ 10	3.25	20:55	6:26	16	7:25	83	8:05	32.50	3:15:15	6:00	18	1:06:42	94	1:11:08	
□□ 11	3.25	21:38	6:39	16	7:35	82	8:08	35.75	3:36:53	6:03	17	1:14:17	90	1:19:16	
□□ 12	3.25	21:42	6:40	12	7:26	77	7:45	39.00	3:58:35	6:07	17	1:21:36	90	1:27:01	
□□□ □□	3.25	20:19	6:15	14	6:07	70	6:27	42.25	4:18:54	6:07	15	1:27:22	85	1:33:05	