



# 12. Kristall-Marathon

Merkers / 18.02.2018

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RüHL, Wolfgang

□□: LT-HEMSBACH

□□: 769

□□: 42.25 km

Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 4:34:58

□□: 9.16 km/h

□□□□: 6:31 min/km

□□□□□/□□□□: 120 (of 168)

□□□□□/□: 109 (of 144)

□□□□□□: 2:45:49

□□□□□: 9(of 13)

□□□□□□□: 3:40:45

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 19:54    | 6:07         | 9       | 6:02    | 123     | 9:00    | 3.25  | 19:54     | 6:07      | 9             | 6:02    | 123     | 9:00    |         |
| □□ 2   | 3.25     | 19:05    | 5:52         | 8       | 4:38    | 113     | 7:18    | 6.50  | 38:59     | 5:59      | 9             | 10:40   | 117     | 16:18   |         |
| □□ 3   | 3.25     | 19:47    | 6:05         | 9       | 4:52    | 119     | 7:22    | 9.75  | 58:46     | 6:01      | 9             | 15:32   | 118     | 23:40   |         |
| □□ 4   | 3.25     | 20:02    | 6:09         | 8       | 4:56    | 117     | 7:25    | 13.00 | 1:18:48   | 6:03      | 9             | 20:28   | 120     | 31:05   |         |
| □□ 5   | 3.25     | 21:10    | 6:30         | 9       | 5:49    | 123     | 8:50    | 16.25 | 1:39:58   | 6:09      | 9             | 26:17   | 120     | 39:55   |         |
| □□ 6   | 3.25     | 21:13    | 6:31         | 9       | 4:58    | 122     | 8:49    | 19.50 | 2:01:11   | 6:12      | 9             | 31:15   | 120     | 48:44   |         |
| □□ 7   | 3.25     | 20:56    | 6:26         | 9       | 4:42    | 114     | 8:08    | 22.75 | 2:22:07   | 6:14      | 9             | 35:57   | 118     | 56:52   |         |
| □□ 8   | 3.25     | 20:52    | 6:25         | 6       | 3:27    | 100     | 8:03    | 26.00 | 2:42:59   | 6:16      | 9             | 39:24   | 116     | 1:04:55 |         |
| □□ 9   | 3.25     | 21:58    | 6:45         | 8       | 3:51    | 106     | 8:50    | 29.25 | 3:04:57   | 6:19      | 9             | 43:15   | 114     | 1:13:40 |         |
| □□ 10  | 3.25     | 22:23    | 6:53         | 8       | 3:19    | 99      | 9:33    | 32.50 | 3:27:20   | 6:22      | 9             | 46:34   | 111     | 1:23:13 |         |
| □□ 11  | 3.25     | 23:09    | 7:07         | 8       | 4:02    | 100     | 9:39    | 35.75 | 3:50:29   | 6:26      | 9             | 50:36   | 112     | 1:32:52 |         |
| □□ 12  | 3.25     | 22:11    | 6:49         | 3       | 1:53    | 85      | 8:14    | 39.00 | 4:12:40   | 6:28      | 9             | 52:29   | 112     | 1:41:06 |         |
| □□□ □□ | 3.25     | 22:18    | 6:51         | 5       | 1:51    | 88      | 8:26    | 42.25 | 4:34:58   | 6:30      | 9             | 54:13   | 109     | 1:49:09 |         |