



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

FRANKE, Sascha

□□: Run4Beer

□□: 641

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 4:37:32

□□: 9.08 km/h

□□□□: 6:34 min/km

□□□□□/□□□: 124 (of 168)

□□□□□/□: 113 (of 144)

□□□□□□: 2:45:49

□□□□□: 15(of 15)

□□□□□□□: 2:45:49

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:36 | 5:06 | 14 | 5:42 | 62 | 5:42 | 3.25 | 16:36 | 5:06 | 14 | 5:42 | 62 | 5:42 | |
| □□ 2 | 3.25 | 17:09 | 5:16 | 15 | 5:22 | 73 | 5:22 | 6.50 | 33:45 | 5:11 | 14 | 11:04 | 65 | 11:04 | |
| □□ 3 | 3.25 | 17:37 | 5:25 | 15 | 5:12 | 75 | 5:12 | 9.75 | 51:22 | 5:16 | 15 | 16:16 | 73 | 16:16 | |
| □□ 4 | 3.25 | 17:40 | 5:26 | 15 | 5:03 | 76 | 5:03 | 13.00 | 1:09:02 | 5:18 | 15 | 21:19 | 76 | 21:19 | |
| □□ 5 | 3.25 | 18:27 | 5:40 | 15 | 6:07 | 89 | 6:07 | 16.25 | 1:27:29 | 5:23 | 15 | 27:26 | 80 | 27:26 | |
| □□ 6 | 3.25 | 19:09 | 5:53 | 15 | 6:45 | 95 | 6:45 | 19.50 | 1:46:38 | 5:28 | 15 | 34:11 | 84 | 34:11 | |
| □□ 7 | 3.25 | 20:21 | 6:15 | 15 | 7:33 | 100 | 7:33 | 22.75 | 2:06:59 | 5:34 | 15 | 41:44 | 86 | 41:44 | |
| □□ 8 | 3.25 | 22:32 | 6:56 | 15 | 9:43 | 118 | 9:43 | 26.00 | 2:29:31 | 5:45 | 15 | 51:27 | 90 | 51:27 | |
| □□ 9 | 3.25 | 24:23 | 7:30 | 15 | 11:10 | 120 | 11:15 | 29.25 | 2:53:54 | 5:56 | 15 | 1:02:37 | 98 | 1:02:37 | |
| □□ 10 | 3.25 | 24:34 | 7:33 | 15 | 11:44 | 122 | 11:44 | 32.50 | 3:18:28 | 6:06 | 15 | 1:14:21 | 99 | 1:14:21 | |
| □□ 11 | 3.25 | 27:46 | 8:32 | 15 | 14:16 | 133 | 14:16 | 35.75 | 3:46:14 | 6:19 | 15 | 1:28:37 | 108 | 1:28:37 | |
| □□ 12 | 3.25 | 27:54 | 8:35 | 15 | 13:57 | 134 | 13:57 | 39.00 | 4:14:08 | 6:30 | 15 | 1:42:34 | 113 | 1:42:34 | |
| □□□ □□ | 3.25 | 23:24 | 7:11 | 15 | 9:09 | 104 | 9:32 | 42.25 | 4:37:32 | 6:34 | 15 | 1:51:43 | 113 | 1:51:43 | |