



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

PORSTNER, Thomas

□□: LG Ultraluf

□□: 755

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:59:02

□□: 8.43 km/h

□□□□: 7:05 min/km

□□□□□/□□□□: 150 (of 168)

□□□□□/□: 129 (of 144)

□□□□□□: 2:45:49

□□□□□: 18(of 20)

□□□□□□□: 3:22:45

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	21:15	6:32	20	6:10	143	10:21	3.25	21:15	6:32	20	6:10	143	10:21	
□□ 2	3.25	20:41	6:21	17	5:45	130	8:54	6.50	41:56	6:27	19	11:55	139	19:15	
□□ 3	3.25	20:54	6:25	17	5:54	132	8:29	9.75	1:02:50	6:26	19	17:49	138	27:44	
□□ 4	3.25	21:20	6:33	18	6:17	135	8:43	13.00	1:24:10	6:28	19	24:06	137	36:27	
□□ 5	3.25	22:00	6:46	19	6:55	134	9:40	16.25	1:46:10	6:31	19	31:01	135	46:07	
□□ 6	3.25	22:12	6:49	18	6:45	135	9:48	19.50	2:08:22	6:34	19	37:46	135	55:55	
□□ 7	3.25	22:29	6:55	18	7:06	126	9:41	22.75	2:30:51	6:37	18	44:52	132	1:05:36	
□□ 8	3.25	23:47	7:19	17	7:54	130	10:58	26.00	2:54:38	6:43	18	52:46	132	1:16:34	
□□ 9	3.25	27:17	8:23	20	11:41	137	14:09	29.25	3:21:55	6:54	19	1:04:27	135	1:30:38	
□□ 10	3.25	23:48	7:19	16	7:24	111	10:58	32.50	3:45:43	6:56	19	1:11:51	132	1:41:36	
□□ 11	3.25	24:40	7:35	16	8:25	108	11:10	35.75	4:10:23	7:00	19	1:20:16	131	1:52:46	
□□ 12	3.25	26:49	8:15	19	10:31	127	12:52	39.00	4:37:12	7:06	20	1:30:47	132	2:05:38	
□□□ □□	3.25	21:50	6:43	11	5:55	83	7:58	42.25	4:59:02	7:04	18	1:36:17	129	2:13:13	