



12. Kristall-Marathon

Merkers / 18.02.2018

0000

KOZCOR, Carsten

00: Marathon4you/Trailrunning.de

00: 703

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 5:25:07

00: 7.75 km/h

0000: 7:42 min/km

00000/000: 162 (of 168)

00000/0: 139 (of 144)

000000: 2:45:49

00000: 27(of 29)

0000000: 2:56:23

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	3.25	21:09	6:30	29	8:12	142	10:15	3.25	21:09	6:30	29	8:12	142	10:15
00 2	3.25	21:19	6:33	27	8:19	139	9:32	6.50	42:28	6:31	29	16:31	144	19:47
00 3	3.25	21:15	6:32	29	8:09	137	8:50	9.75	1:03:43	6:32	29	24:40	142	28:37
00 4	3.25	22:24	6:53	29	8:46	143	9:47	13.00	1:26:07	6:37	29	33:26	143	38:24
00 5	3.25	23:25	7:12	27	9:46	139	11:05	16.25	1:49:32	6:44	28	43:12	141	49:29
00 6	3.25	24:44	7:36	28	11:03	141	12:20	19.50	2:14:16	6:53	28	54:15	141	1:01:49
00 7	3.25	25:03	7:42	28	11:37	140	12:15	22.75	2:39:19	7:00	28	1:05:52	140	1:14:04
00 8	3.25	24:46	7:37	28	11:12	138	11:57	26.00	3:04:05	7:04	28	1:17:04	140	1:26:01
00 9	3.25	25:51	7:57	28	12:24	134	12:43	29.25	3:29:56	7:10	28	1:29:28	140	1:38:39
00 10	3.25	26:30	8:09	26	12:52	132	13:40	32.50	3:56:26	7:16	27	1:42:20	139	1:52:19
00 11	3.25	28:45	8:50	27	14:34	137	15:15	35.75	4:25:11	7:25	27	1:56:54	139	2:07:34
00 12	3.25	27:55	8:35	27	13:41	135	13:58	39.00	4:53:06	7:30	27	2:10:35	139	2:21:32
000 00	3.25	32:01	9:51	27	18:09	138	18:09	42.25	5:25:07	7:41	27	2:28:44	139	2:39:18